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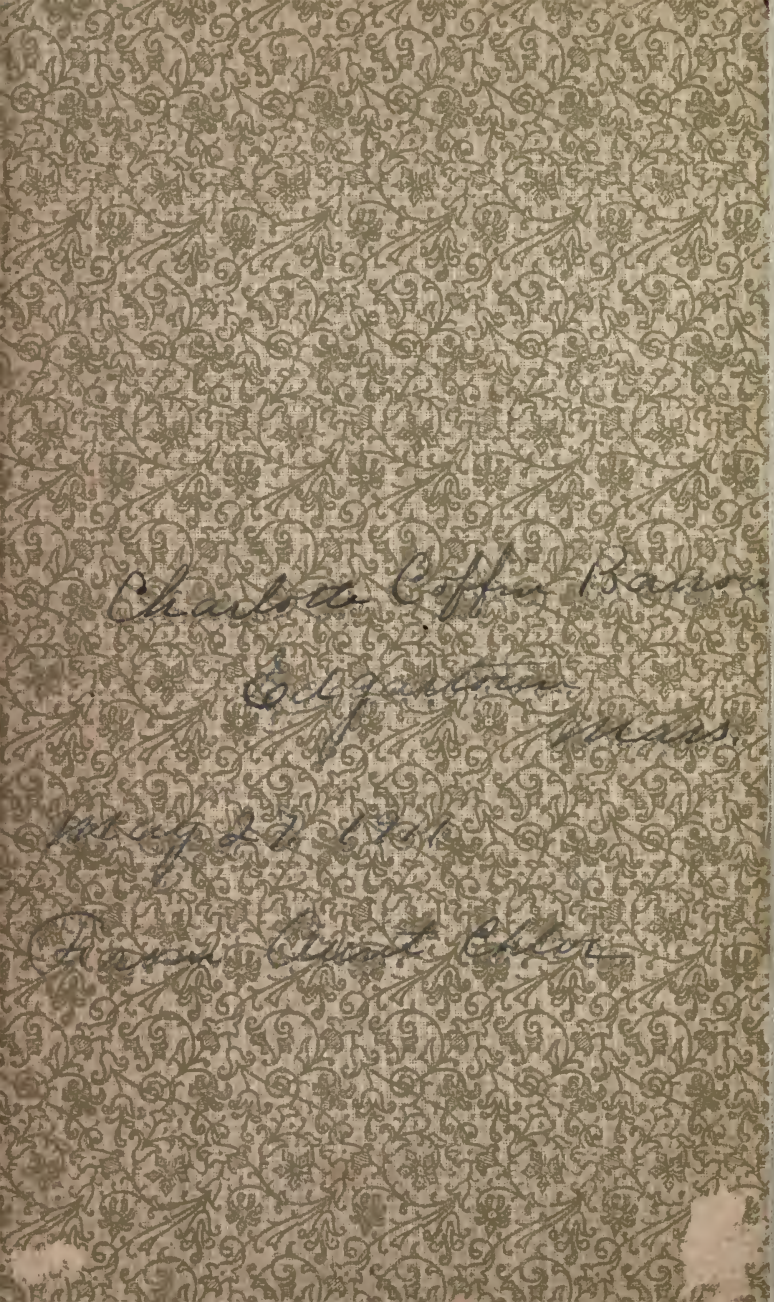
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PHILADELPHIA

COOK BOOK

A MANUAL

OF

HOME ECONOMIES

BY

MRS S T RORER

PRINCIPAL OF PHILADELPHIA COOKING SCHOOL

PHILADELPHIA

ARNOLD AND COMPANY

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TO MY FRIEND

MRS ELIZA S TURNER

THROUGH WHOSE ENERGY AND LIBERALITY

WAS ESTABLISHED

THE FIRST COOKING SCHOOL

IN PHILADELPHIA

THIS BOOK IS AFFECTIONATELY DEDICATED

433

"Men die, and many, because they know not how to live"

"Come, pilgrim, I will bring you where you shall host"

ALL'S WELL THAT ENDS WELL

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PREFACE

To offer to the American housewives a new Cook Book may appear to many an unnecessary labor, considering the country is already provided with elaborate works on the subject; but upon referring to many of them, I have often detected an obscurity in directions in recipes which, in the hands of an amateur, would lead to failure, and have in the following recipes endeavored to avoid this by making them so plain, that a beginner may successfully make, with few exceptions, any dish contained herein, and I may add, all these recipes have been prepared over and over again by pupils under my supervision.

It has been many years since Philadelphia has contributed a publication of this kind, and as she occupies a place second to none in the science, her peculiar dishes being known not only in this country but abroad as well, it seems appropriate that she should be newly represented.

Under each heading I have endeavored to give in a simple manner a brief introduction, explaining the chemistry of the article, mode of selecting, and such other information as I thought would be of interest to the reader.

References to Sick Diet or Medicated Food have purposely been avoided, as there is in preparation a work on Dietetics, which will contain all the recipes collected and tried during my connection with hospitals.

"Before the housewife now my book is laid—
'T will aid her, if its teachings be obeyed."

SARAH T RORER

1525 CHESTNUT STREET, PHILADELPHIA

SOUPS

The first and most important point in making *good* soup is to have the best of materials. To make our soup a perfect food we must change the solid meat into a liquid form; to do this, we must first soften the fibrin, so as to draw out the juices and blood, consisting of albumen and fat; the gelatine, which exists in the bone, cartilages, membranes and skin, which is nitrogenous matter, but not nutritious; and the osmazome, that substance which gives odor and flavor. As a low degree of heat changes the albumen (*which is exactly similar to the white of an egg*) into a solid form, we at once see the necessity of using *cold soft* water. Soft water, because it makes its way into the tissues more readily than hard water, thereby softening the texture of the meat and allowing the juices to escape more easily; and we also see the importance of not boiling the soup, as the albumen on the surface of the meat immediately coagulates and prevents the gelatine, fat and osmazome from dissolving and being drawn out into the water. Salt should never be added until the soup is done, as it hardens the water; and we have found that soft water is the best. As the water begins to heat a small portion of albumen coagulates, forming a fine fibrous net throughout the liquid entangling any substance that may be floating in it, bringing it first to the

surface and then settling to the bottom, showing that we must watch and skim at this time to have a clear soup.

You will notice that in the recipes for Consommé and Bouillon, to clarify, we *boil* after adding the whites of the eggs, thereby making a perfectly clear soup, but a stimulant rather than nutrient, as we rob it of its albumen and fibrin by boiling and straining; two things which cannot exist at the same time, a *very clear* and a *very nutritious* soup.

Another *very* important point is to have a porcelain-lined or better still a granite iron soup kettle with a close cover. Why? Because the juices of the meat are always acid and will act upon a metallic kettle thereby giving the soup an inky, bitter taste. A close cover to keep in the steam and prevent evaporation and also to keep the dust and smoke out.

SOUPS FROM STOCK

SOUP STOCK

1 shin of beef
5 quarts of cold water
1 onion
1 carrot
1 turnip
2 bay leaves
1 sprig of parsley
12 cloves
1 stalk of celery
1 tablespoonful of salt

Lean, uncooked juicy beef should form the basis of your soup. No cooked or stale meats should be used for clear stock. Wipe the meat well with a damp towel; now cut all the meat from the bones. Place the bones in the bottom of a large porcelain-lined or granite soup kettle, lay the meat on top of them, add the water and stand the kettle on the back part of the range for one hour; then place it over a good fire. After about thirty minutes, the scum of the meat will gather on the surface, and the water will begin to

steam. Now place it over a more moderate fire, add one cup of cold water, and skim off the scum. Now cover the kettle closely and let it simmer (not boil) for four hours; then add the vegetables and *simmer* one hour longer. Then strain the stock through a fine sieve, add the salt and stand at once in a cold place to cool. If you keep it in a warm place for a few hours it will not make a nice jelly. When cold, take all the grease from the surface, and it is ready for use.

BARLEY SOUP

2 tablespoonfuls of pearl barley
1 quart of stock
Salt and pepper to taste

Wash the barley in cold water; then cover it with boiling water, let it boil up once and drain it. Cover it again with boiling water and simmer it for two hours. Drain; add to the stock when boiling; let it stand on the back part of the range for ten minutes; add salt and pepper, and serve.

BLACK BEAN SOUP

1 pint of turtle beans
1½ quarts of boiling water
1 quart of stock
2 hard-boiled eggs
1 lemon
Salt and pepper to taste
If you use wine, 1 gill

Wash the beans well in cold water and soak them over night. In the morning, drain the water off and cover them again with one quart of the boiling water. Boil until tender, about two hours. Now add the stock and the pint of boiling water. Press the whole through a sieve; wash the kettle, return the soup and bring it to a boil; add salt and pepper. Cut the eggs and lemon into slices and put into the tureen, pour the boiling soup over, and serve.

If wine is used, put it in the tureen with the lemon and egg.

DRIED BEAN SOUP

1 pint dried beans
½ pound of ham
1 quart of stock
1½ quarts of boiling water
Salt and pepper to taste

Wash the beans and soak them over night. In the morning drain the water off, and cover them again with the boiling water; add the ham and boil gently two hours. Now add the stock. Press the beans through a sieve, return them to the soup kettle and bring to a boil. Add salt and pepper, and serve with toasted bread.

DRIED BEAN SOUP WITHOUT MEAT

1 quart of dried white soup beans
2 quarts of water
1 large tablespoonful of butter
Salt and pepper to taste

Wash the beans, cover them with water and soak over night. Next morning, drain, put them on to boil with two quarts of fresh cold water. As soon as they come to a boil, drain this water off and throw it away, this prevents the soup from being strong. Now cover again with two quarts of fresh boiling water, add a quarter of a teaspoonful of bicarbonate of soda, and boil until reduced to a pulp. Now press the beans through a sieve, return to the soup kettle and add sufficient water to make the soup about the consistency of cream, add the salt, pepper and butter and serve with croûtons.

CLEAR SOUP WITH CROÛTONS

1 quart of stock
½ pint of croûtons
Salt and white pepper to taste

To make the croûtons, cut stale bread into thin slices, spread it lightly with butter on one side, then cut into dice. (It will take about three slices from a baker's square

five cent loaf.) Place them on a tin pie dish, and put them in a moderate oven until a golden brown.

Melt the stock gradually, bring it to boiling point, add salt and pepper. Serve soup in a tureen with croûtons on a separate dish. If you put them in the soup when you dish it, they will become heavy and waxy before it reaches the dining room.

If the soup is too light, color it with caramel. (See recipe for making it.)

CLEAR VEGETABLE SOUP

2 quarts of stock	1 white potato
1 quart of boiling water	1 ear of corn
1 small carrot	1 cupful of peas
1 turnip	1 cupful of beans
1 sweet potato	1 tomato

1 tablespoonful of rice or barley

Put the water into a soup kettle, cut the vegetables into pieces of uniform size, otherwise the smaller ones will dissolve and impair the transparency of the soup. (There are various small tin cutters that can be purchased for this purpose.) Put the carrot and turnip on to boil; after they have boiled one hour, add all the other vegetables and rice and boil until tender. Now add the stock, and salt and pepper to taste. Let it boil up once and serve.

JULIENNE SOUP

2 quarts of stock	2 onions or 6 young leeks
2 carrots	1 head of cauliflower
1 turnip	1 head of lettuce
The white part of a head of celery	½ a gill of green peas
	½ a gill of asparagus heads

Scrape and cut the carrots into slices, then into dice or with the vegetable cutters. Pare and cut the turnip; slice the

onions, cut the celery into pieces about half-inch long, and the head of cauliflower into flowerets. Put them into a kettle, cover with boiling water, and boil fifteen minutes; then drain them in a colander.

Melt the stock and bring it to a boil; put the vegetables from the colander into it and *simmer* half an hour. Put the peas and asparagus heads into boiling water and simmer them for twenty minutes; then drain and add them to the boiling soup, then the lettuce, cut into pieces the size of a half-dollar (the lettuce should cook about ten minutes); add salt and pepper, and serve at once.

LENTIL SOUP

1 pint of lentils
2 quarts of stock
1 onion
Sprig of parsley
Sprig of thyme
1 bay leaf
1 tablespoonful of butter
Salt and pepper to taste

Wash the lentils and soak them over night. In the morning drain off the water, add the stock and *simmer* gently until the lentils are tender, about one and a half hours. Put the butter into a frying-pan and, when melted, add the onion cut in slices, parsley, thyme and bay leaf. Fry (sauté) until brown. Now add these to the lentils and simmer a half hour longer. Now press the whole through a sieve.

Return it to the soup kettle, boil up once, add salt and pepper and serve with toasted bread cut into small squares.

MACARONI SOUP

1 ounce of macaroni
1 quart of stock
Salt and pepper to taste

Break the macaroni into pieces about two inches long; put it into a stewing-pan and cover it with one quart of boiling

water. Boil it for twenty minutes, drain and cut each piece in two. Melt the stock, bring it to boiling point, add the macaroni, let it *simmer* five minutes, add salt and pepper and serve. A plate of Parmesan may be served with this if liked.

NOODLE SOUP (Beef)

2 quarts of stock
The quantity of noodles given in recipe for noodles
Salt and pepper

Melt the stock, then bring it to boiling point, add the noodles; boil fifteen minutes; add salt and pepper and serve at once.

If you use the bought noodles, four ounces will be sufficient. Boil and make just the same.

ONION SOUP

1 large Spanish or three Bermudas
2 tablespoonfuls of butter
2 quarts of stock
Salt and pepper

Peel and chop the onion into dice. Put the butter in a frying pan; when hot, add the onions and stir until a nice brown. Put the stock on to boil; when it boils, skim the onions out of butter and add them to the stock, let them *simmer*, for thirty minutes, add salt and pepper and it is ready to serve.

RICE SOUP

2 tablespoonfuls of rice
1 quart of stock
Salt and pepper to taste

Wash the rice and put it in a sauce-pan with one pint of boiling water, boil slowly for thirty minutes; drain and add to boiling stock. Let the whole boil five minutes, add salt and pepper and serve.

SAGO SOUP

2 quarts of stock
2 ounces of sago
Salt and pepper to taste

Wash the sago through several waters, then cover it with warm water and let it soak for one hour. Melt the stock and bring it to boiling point. Drain the sago, add it to the stock; let it boil slowly half an hour, stirring very often to prevent scorching. Add salt and pepper, and serve.

SORREL SOUP

2 tablespoonfuls of butter
1 pint of sorrel
1 quart of stock
Yolks of two eggs
Salt and pepper to taste

Put the butter in a sauce-pan, set it on the fire, and as soon as melted, put the sorrel in, and stir one minute; then add the stock, salt and pepper; boil three minutes. Beat the yolks lightly, put them into the tureen, pour the boiling soup over gradually, stirring all the while till thoroughly mixed. Serve with croûtons.

SPLIT PEA SOUP

1 pint of split peas
1½ quarts of boiling water
1 quart of stock
Salt and pepper to taste

Wash the peas in cold water (rejecting those which float) and soak them over night. In the morning drain the water off and cover them again with one quart of the boiling water. Boil until tender, about one and a half hours. Now add the stock and the one pint of boiling water. Press the whole through a sieve; wash the soup kettle, return the soup, boil up once, add salt and pepper and serve with croûtons. Dried pea soup may be made in exactly the same manner, using one pint of dried peas instead of the split ones.

TOMATO SOUP No. 1

1 quart can or one quart of stewed tomatoes
1 quart water or stock
1 onion
1 carrot
1 stalk celery
1 bay leaf
2 tablespoonfuls of butter
4 tablespoonfuls of flour
¼ pound of ham

Cut the ham into dice and the onion into slices and fry them together until brown, then put them into a large saucepan with the water, bay leaf, celery and carrot; let the whole *simmer* for one hour; then add the tomatoes and *simmer* again for three-quarters of an hour. Now press the tomatoes through a sieve. Rub the butter and flour together until smooth, add it to the boiling soup, and stir constantly until it boils; add salt and pepper and serve with croûtons.

TOMATO SOUP No. 2

1 quart can or one quart of stewed tomatoes
1 pint of stock or water (first the best)
1 tablespoonful of butter
¼ teaspoonful of baking soda
2 tablespoonfuls of corn starch or flour
1 teaspoonful of sugar
1 small onion
Sprig of parsley
1 bay leaf
Salt and pepper to taste

Put the tomatoes in a saucepan with the bay leaf, parsley, onion, and stock or water. Let all stew for fifteen minutes. Now press them through a sieve fine enough to remove the seeds. Wash the saucepan, return the tomatoes to it. Put it on the fire to boil. Rub the butter and corn starch or flour together until smooth, and stir into the soup when boiling. Stir constantly until smooth. Now add salt, pepper, sugar and soda. Serve immediately with croûtons.

TURKISH SOUP (Miss Dodd)

1 quart of stock — Yolks of two eggs
½ teacupful of rice — 1 tablespoonful of cream
Salt and pepper to taste

Boil together for twenty minutes the rice and stock; then press them through a sieve and return them to the kettle. Beat the yolks well and add to them the cream. Add this to the stock and rice, and stir it over the fire for two minutes, but do not allow it to boil. Add salt and pepper, and it is ready to serve.

VERMICELLI SOUP

Vermicelli soup is made exactly the same as beef noodle soup, using four ounces of vermicelli instead of noodles.

MEAT AND VEGETABLE SOUPS

ALBERT SOUP

1 four-pound chicken — 2 quarts of cold water
4 good-sized potatoes — 1 onion
1 tablespoonful of butter — 1 bay leaf
Yolks of two eggs — Sprig of parsley
A grating of nutmeg — Salt and pepper to taste

Clean the chicken, put it in the soup kettle with the water, bay leaf, onion and parsley, and *simmer* gently two hours. Take out the chicken and remove the white meat, which chop very fine. Put the bones and the remainder of the chicken back into the kettle to *simmer*, while the potatoes are roasting. When the potatoes are done, take out the centres and mash well. Add to them the chopped meat of the chicken. butter, nutmeg, yolks of eggs, a quarter of a teaspoonful of salt, and a little pepper. Mix all

well together. Form into balls about a half-inch in diameter, then fry them in butter until a light brown. Put them into the soup tureen. Strain the soup, skim all the fat from the surface, season with salt and pepper, let it boil up once, pour it over the balls and serve immediately.

Should you be obliged to keep this soup waiting, allow the soup to remain hot in the kettle, and place the balls where they will keep warm. Put together at serving time.

BOUILLON FOR PARTIES AND GERMANS

2 pounds of lean beef
1 quart of cold water
1 small onion
1 bay leaf
1 stalk of celery, or half teaspoonful of celery seed
Sprig of parsley

Free the meat from all fat and gristle and chop it fine (your butcher can do this best). Put the meat in the soup kettle with the water, bay leaf, parsley, onion and celery; cover the kettle closely and place it on the back part of the range for two hours. Then place it over a good fire; skim at the first boil. Now place it over a moderate fire and *simmer* gently four hours. Strain, return it to the soup kettle, add salt and pepper. Beat the white of one egg with half a cup of cold water until thoroughly mixed. Wash the egg shell, mash it and add it to the white. In breaking the egg, take care to separate it so nicely that none of the yellow gets into the white—as the smallest portion of the yellow will prevent the bouillon from being perfectly clear. Now add the white, shell and water to the boiling bouillon; let it boil hard for ten minutes; then throw in one gill of cold water and boil five minutes longer; then take the kettle off the fire and strain through a flannel bag, add salt to taste and color with caramel—about half a teaspoonful to a quart. (See recipe for Caramel.)

CALF'S HEAD SOUP

1 calf's head	1 small carrot
3 quarts of cold water	Sprig of parsley
4 cloves	1 bay leaf
1 onion	Sprig of sweet marjoram

Salt and pepper to taste

Wash the head well through three waters; scald it; wash it again in cold water, and soak it fifteen minutes. Be sure that throat and nasal passages are perfectly clean. Now put it into a soup kettle with the cold water. Bring it slowly to a boil and let it *simmer* gently for five hours, skimming it carefully until no more scum rises. Put in the vegetables and spices one hour before the soup is done. When done, strain and stand away to cool. Do this the day before you want to use it; when cool, remove all the fat from the surface. Make force-meat balls as follows: one cup of meat from the head, chopped fine; add to it a tablespoonful of chopped parsley, the grated peel of half a lemon, one raw egg, one tablespoonful of flour, half a teaspoonful of salt and a little black pepper. Mix well and form into little balls the size of a hickory nut. Fry them in butter until a golden brown.

When ready to use bring the soup to boiling point, season with a tablespoonful of Worcestershire sauce, salt and pepper. Put into a two-quart stewing-pan two ounces (two tablespoonfuls) of butter, and when it bubbles, stir in two heaping tablespoonfuls of flour. Mix well, add to this the soup, stir constantly until it boils. Put the force-meat balls into the tureen, pour over the boiling soup and, if you use it, add one glass of Sherry or Madeira. The brains should be taken out of the head before boiling. They can be used for another dish. (See recipe for cooking calf's brains.)

CHICKEN SOUP No. 1

1 chicken weighing four pounds
3 quarts of cold water
1 small onion
1 bay leaf
Sprig of parsley
½ cup of rice
Salt and pepper to taste

Clean the chicken, put it in a soup kettle with the cold water, stand it on a moderate fire and bring it slowly to boiling point. Skim carefully. Let it *simmer* slowly, till the flesh drops to pieces, about three hours. Now add the onion, bay leaf, parsley, and *simmer* fifteen minutes. Now strain it. Wash the kettle and return the soup; add salt, pepper, and the rice, well washed. Cover the kettle and let it boil thirty minutes and it is ready to serve.

CHICKEN SOUP No. 2

Take one old fowl weighing five pounds, cover it with three quarts of cold water, and *simmer* four hours or until the chicken is tender. After the chicken has been boiling two hours, add a tablespoonful of salt, a half cup of rice, a small onion. Serve the chicken whole with egg sauce; add pepper only to the soup.

CONSOMMÉ

2 pounds of lean beef
2 pounds of veal
1 onion
1 bay leaf
Stalk of celery
Sprig of parsley
Small-sized carrot
2 quarts of cold water
2 tablespoonfuls of butter

The under part of the round of beef and the knuckle of veal are the best for this soup. Cut all the meat into pieces about an inch square. Put the butter in the soup kettle and let it brown; add to it the meat and stir over the fire about five minutes, or until the meat is a nice brown. Now cover the kettle and let it *simmer* for thirty minutes. Now

add the water and let *simmer* for four hours. Now add the vegetables and bay leaf and *simmer* one hour longer, strain through a sieve and put in a cold place to cool. When cold, remove the fat and it is ready to use.

It can be clarified and colored the same as Bouillon.

FRUIT SOUP

1 pint of cranberries or currants
2 quarts of water
1 teacupful of dried apples
1 teacupful of dried pears
1 teacupful of raisins
2 tablespoonfuls of corn starch
½ pound of sugar

Cut the apples and pears into small pieces, cover with luke-warm water and soak one hour. Stem and seed the raisins. Put the cranberries or currants into the water and boil fifteen minutes; then press them through a sieve. Return to the soup kettle and add the apples, pears and raisins; boil all together one hour. Moisten the corn starch with a little cold water, add it to the boiling soup; stir constantly until it thickens, add the sugar and serve.

GIBLET SOUP

2 sets of chicken giblets
1 pound of lean beef
1 onion
1 carrot
1 bay leaf
Sprig of parsley
1 tablespoonful of butter
1½ quarts of cold water
3 tablespoonfuls of flour
6 hard-boiled eggs

Wash the livers, open the hearts and remove the clotted blood. Cut open the gizzards, being *careful* not to cut through the innermost lining; empty them of sand and gravel and then cut out the thick skin remaining. Put the butter in a frying-pan. Cut the vegetables into squares. Throw them into the hot butter and stir until a nice brown.

Now skim them out and put them into a soup kettle with the beef, giblets, water, bay leaf and parsley. Place it over a moderate fire and let it *simmer* until the gizzards are tender, about two hours, skimming until clear. Now add the flour to the butter remaining in the pan after frying the vegetables; mix until smooth; strain the soup into it, and boil and stir until it thickens. Take out the giblets and cut them into dice, and put them in the soup tureen with the yolks of the hard-boiled eggs. Season the soup with salt and pepper, pour it over the giblets and eggs and serve at once. Do not use the beef. If you use wine, one gill will be sufficient.

GUMBO SOUP No. 1

1 chicken	1½ quarts of cold water
50 oysters	1 bay leaf
2 dozen okras	1 onion
½ pound of ham	2 tablespoonfuls of butter

Salt and cayenne to taste

Cut the chicken up as for a fricassee, dredge the pieces with flour and brown them in the butter. Put them into a soup kettle with the ham, cut into small squares, the onion and the bay leaf. Place the kettle over a moderate fire and bring slowly to a boil. Skim carefully at the first boil and *simmer* gently for two hours. Now add the okras, cut into slices, and *simmer* one hour longer. Drain the oysters, add them to the soup, with the salt and cayenne. Boil two minutes longer and serve.

GUMBO SOUP No. 2

1 chicken	6 tomatoes or one pint canned tomatoes
1 onion	1 bay leaf
¾ pound of ham	½ cup of rice
1 tablespoonful of butter	Salt and pepper to taste
1½ pints okras	

Cut the chicken same as No. 1; cut the ham into squares and the onion into slices. Roll the chicken in flour and brown it in the butter. Then put it into a soup kettle with the ham, onion, bay leaf and water. Place it on a moderate fire, and bring it slowly to a boil, skimming carefully. *Simmer* gently forty-five minutes. In the meantime cover the okras with cold water and soak twenty minutes, cut them in slices and add them to the soup. *Simmer* gently one hour; then add the tomatoes, pared and cut into small pieces, and the rice. Boil half an hour longer, season and serve.

GREEN PEA SOUP

1 quart of green peas
1 quart of stock or water
Yolks of two eggs
1 tablespoonful of butter
1 tablespoonful of flour
Salt and pepper to taste

Put the peas in boiling water and boil them twenty minutes. Drain and press them through a colander. Put the stock or water on the fire; when boiling, add the peas. Rub the butter and flour together and stir them into the boiling soup; stir constantly until it thickens, add salt and pepper. Beat the yolks lightly, put them in the soup tureen, add the soup gradually to them, mix well and serve with squares of toasted bread. If you use canned peas, just press them through the colander.

MOCK TURTLE SOUP

1 calf's head
1 pound of calf's liver
1 calf's heart
1 bay leaf
1 carrot
1 onion
12 cloves
1 turnip
Bunch of pot-herbs
2 tablespoonfuls of butter
3 quarts of cold water
4 even tablespoonfuls of flour
1 tablespoonful of mushroom catsup
1 tablespoonful of Worcestershire sauce
2 hard-boiled eggs
1 lemon
Salt and pepper to taste

Have the butcher unjoint the jaws and take out the brains. Now wash the head well through several cold waters. Pour boiling water through the throat and nasal passages, then wash again in cold water. Now put it in the soup kettle and cover with the cold water; put it over a moderate fire. Skim at the first boil and again in fifteen minutes. Let it *simmer* until the meat on the head is tender, about two hours. Remove the head, take off the meat and tongue and put on the ice to cool. Put the bones back into the kettle, add the vegetables cleaned and cut into pieces, also the cloves and bay leaf. Let this *simmer* for two hours longer. Strain and put away over night to cool. Put the liver and heart in the ice-chest with the other meat. In the morning skim all the fat from the surface. Put the butter in a large stewing-pan and stir until a nice brown, then add the flour, mix well, and add the soup; boil and stir five minutes; have ready the meat from the head and half the liver cut into dice, add them to the soup and boil up once; then take from the fire and add the sauces, salt, pepper and, if you use wine, a glass of sherry. Slice the hard-boiled eggs and lemon, put them into the tureen, pour the boiling soup over and serve.

MULLIGATAWNEY SOUP

1 chicken
3 small onions
1 tablespoonful of butter
1 tablespoonful of curry powder
4 cloves
Juice of half a lemon
2 quarts of cold water
Salt to taste

Cut the chicken up as for a fricassee; cut the onions into slices. Put the butter in a frying-pan, add the chicken and onions, and stir until a nice brown; now add the curry

powder, salt, cloves and lemon juice; mix well. Put into the soup kettle with the water, bring slowly to a boil, skim and *simmer* gently for two hours. Serve with boiled rice in a separate dish. Three rabbits may be used instead of the chicken, if preferred.

MUTTON SOUP

6 pounds of the neck
1 onion
4 quarts of cold water
½ cup of rice
1 bay leaf
Salt and pepper to taste

Wipe the necks with a damp towel, put them in a soup kettle and cover with the water; bring slowly to a boil, skim carefully; cover and *simmer* gently for four hours. Strain and stand away over night to cool. In the morning remove all fat from the surface. Put the soup into the kettle, add the onion, bay leaf and rice. *Simmer* half an hour, season with salt and pepper and serve.

NOODLE SOUP

1 chicken weighing four pounds
3 quarts of cold water
1 small onion
1 bay leaf
Sprig of parsley
The quantity of noodles given in recipe for noodles, or four ounces of bought noodles

Clean the chicken, put it in the soup kettle with the cold water, stand it on a moderate fire and bring it slowly to boiling point. Skim carefully. Let it *simmer* gently two hours; then add the onion, bay leaf and parsley, and *simmer* one hour longer.

Dish the chicken and serve it with egg sauce. Put the noodles into the soup and boil fifteen minutes; add salt and pepper and serve.

NORMANDY SOUP

1 knuckle of veal
4 quarts of cold water
1 quart of white button onions
½ baker's five-cent loaf
1 quart of cream
2 tablespoonfuls of butter
2 tablespoonfuls of flour
Salt and pepper to taste

Put the veal in a soup kettle with the onions and water. Let it *simmer* slowly for two hours. Then add the bread, cut into slices. Let it *simmer* two hours longer. Then remove the knuckle and press the remaining ingredients through a sieve. Return it to the soup kettle. Rub the butter and flour together to a smooth paste, stir it into the boiling soup, and stir constantly until it thickens. Add the cream, salt and pepper and serve. This soup is delicious.

OX-TAIL SOUP

2 ox-tails
2 tablespoonfuls of butter
1 onion
4 cloves
1 carrot
1 turnip
1 bay leaf
2 quarts of cold water or stock
Salt and pepper to taste

Wash and wipe the ox-tails. Cut them into pieces about one inch long. Put the butter into a frying-pan; when hot, throw in the ox-tails and stir until they turn brown, then skim them out, and put them into a soup kettle with the onion, the cloves, the carrot, the turnip, the bay leaf and the water or stock (the latter the best). *Simmer* until the tails are tender, about two hours. Then remove the vegetables, add salt and pepper and serve. If you use wine, one glass of sherry.

PEPPER POT

1 knuckle of veal
1 pound of plain tripe
1 pound of honey-comb tripe
Bunch of pot-herbs
1 onion
¼ pound of suet
2 medium-sized potatoes
1 bay leaf
3 quarts of cold water
2 tablespoonfuls of butter
2 tablespoonfuls of flour
Salt and cayenne to taste

Wash the tripe well in cold water. Put it in a kettle, cover it with cold water and boil eight hours; this should be cooked the day before you want the soup. Wipe the knuckle with a damp towel, put it in a soup kettle, cover with the water, place it on the fire and bring slowly to a *simmer*, carefully skimming off the scum. *Simmer* gently for three hours, then strain and return soup to the kettle. Wash the pot-herbs, chop the parsley, rub off the thyme leaves, and cut only half the red pepper (they usually put a whole one in each bunch). Cut the potatoes into dice; add all these and the bay leaf to the soup. Cut the tripe into pieces one inch square. Cut the meat from the knuckle into small pieces; add these also to the soup; place it on the fire and, when at boiling point, season with the salt and cayenne. Rub the butter and flour together and stir into the boiling soup, and then fifty small dumplings made as follows: Chop the suet fine, measure it, and take double the quantity of flour, one-quarter of teaspoonful of salt, mix well together, moisten with ice water (about a quarter of a cup). Form into tiny dumplings about the size of a marble, throw into the soup, *simmer* for fifteen minutes and serve.

RABBIT SOUP

2 young rabbits
2 quarts of cold water
1 good-sized onion
1 blade of mace
1 bay leaf
½ cup of rice
1 tablespoonful of butter
Salt and pepper

Skin and singe the rabbits. Wash them well in warm water. Cut them in small pieces and put in a soup kettle. Cover with the water, add the onion, mace and bay leaf. Place on a moderate fire and *simmer* gently until the meat is tender, about an hour and a half. Strain and return the soup to the kettle; add the rice, salt and pepper, and *simmer* for a half hour; add the butter; separate the meat from the bones and add it to the soup, which is then ready to serve.

SOUP à la REINE.

1 fowl weighing five pounds
3 quarts of cold water
½ cup of rice
½ pint of good cream
1 carrot
1 onion
1 bay leaf
4 cloves
3 tablespoonfuls of butter
2 tablespoonfuls of flour
1 blade of mace
1 piece of cinnamon half an inch long
Salt and pepper to taste

Clean the fowl, put it in the soup kettle with the water, rice, mace, cloves, cinnamon and bay leaf. Cover the kettle and *simmer* gently two hours. Clean the vegetables and cut them into squares. Put the butter in a frying-pan; when hot, throw in the vegetables and stir until a nice brown; then skim them out, put them in the soup kettle, cover and *simmer* one hour longer. Now add the flour to the butter left in the frying-pan (if the butter is burned take fresh butter), mix and stir into the soup. Skim as it boils after adding the butter. Now take out the chicken; remove the white meat, chop it *very* fine and put it back into the soup. Remove the carrot and spices and press the rest through a sieve. Wash the kettle, return the soup, add the cream, salt and pepper; boil up once and serve.

If you use wine, one gill at serving time.

VEGETABLE SOUP WITHOUT MEAT

1 carrot
1 sweet potato
1 turnip
1 parsnip
1 white potato
1 onion
1 root of celery
1 tablespoonful of butter
2 tablespoonfuls of rice
2 quarts of cold water
1 bay leaf
1 teaspoonful of salt
1 sprig of parsley

Cut the vegetables into dice. Put the butter into a frying-pan; and, when hot put in all the vegetables but the white potato and fry until a light brown. Then turn the whole, butter and all, into a soup kettle, add the water, rice, bay leaf, salt, parsley and celery. Let them boil slowly one and a quarter hours. Then add the white potato; boil fifteen minutes longer, season to taste and serve.

VEGETABLE SOUP WITH SHIN OF BEEF

1 shin of beef
5 quarts of cold water
1 turnip
1 carrot
1 parsnip
1 root of celery
1 teacupful of chopped cabbage
2 tablespoonfuls of barley
1 onion
1 potato
Salt and pepper to taste

Wipe the shin with a damp towel. Put it into a soup kettle, add the water, place it over a moderate fire and bring it slowly to a boil. Skim off all the scum and let it *simmer* gently four hours. Remove the meat, place it where it will keep warm for dinner. Skim off all the fat from the top of the soup. Clean the vegetables and cut them into dice (you may chop them if you like in a chopping bowl). Add them to the soup. Scald the barley and let it stand five minutes, then add it to the soup. *Simmer* the whole one hour longer. Season to taste and it is ready to serve. Rice may be used in the place of barley.

CREAM SOUPS

VEAL STOCK

2 knuckles of veal
5 quarts of cold water
1 tablespoonful of salt
1 onion
1 carrot
1 bay leaf
1 turnip
Stalk of celery
Sprig of parsley
4 cloves
1 blade of mace

Wipe the knuckles with a damp towel and have the bones cracked. Put them into a soup kettle with cold water and salt. Place on a moderate fire and bring slowly to a boil; skim. Now *simmer* gently for four hours. Clean the vegetables and add them and all the other ingredients to the soup and *simmer* one hour longer. Strain and it is ready to use.

WHITE STOCK

Skeletons of yesterday's chickens
3 pounds of veal
1 pound of ham
Sprig of parsley
1 bay leaf
1 small onion
2 quarts of water
1 tablespoonful of salt

Put the skeletons, veal, ham and water in a soup kettle, place over a moderate fire, bring it slowly to a boil. Skim carefully. Now *simmer* gently two hours. Add the parsley, bay leaf, onion and salt. *Simmer* one hour longer. Strain and put in a cold place to cool. When cold remove the fat and it is ready to use.

CREAM OF ASPARAGUS SOUP

1 bunch of asparagus
1 quart of milk
2 even tablespoonfuls of corn starch or flour
1 tablespoonful of butter
Salt and pepper to taste

Wash the asparagus, tie it in a bunch, put it in a sauce-pan of boiling water. Boil gently three-quarters of an hour. Take it from the water, cut off the tops, put them aside until wanted. Put the milk on to boil in a farina boiler. Press the asparagus stalks through a colander, add them to the milk. Rub the butter and corn starch or flour together until smooth, add to the boiling milk and stir *constantly*, until it thickens. Now add the asparagus tops, salt and pepper and serve.

Canned asparagus may be used when you cannot get the fresh. One quart can will be sufficient. This soup may be varied by using one pint of veal or white stock and one pint of milk, instead of the one quart of milk.

CREAM OF BARLEY SOUP

2 tablespoonfuls of barley
1 pint of milk
Yolks of two eggs
1 pint of veal or white stock
Salt and pepper to taste

Scald the barley, drain, cover with fresh boiling water and boil three hours. Strain. Put the milk and stock on to boil, add the barley, salt and pepper. Beat the yolks lightly, put them in the soup tureen, pour over the boiling soup and serve at once.

CREAM OF CELERY SOUP

3 roots of celery
1 quart of milk
1 tablespoonful of butter
2 tablespoonfuls of flour
1 pint of water
Salt and pepper to taste
A piece of onion the size of a silver quarter

Wash the celery and cut it into small pieces. Cover it with the water and boil thirty minutes; then press it through a colander. Put the milk on to boil in a farina boiler, add to it the water and celery that was pressed through the colander, also the onion. Rub the butter and flour together, and stir into the boiling soup, and stir constantly until it thickens. Add salt and pepper and serve at once. This may be varied same as cream of asparagus soup.

CREAM OF CHEESE or DUCHESS SOUP

1 quart of milk
A slice of carrot
A slice of onion
A blade of mace
2 tablespoonfuls of butter
2 tablespoonfuls of flour
3 heaping tablespoonfuls of grated Parmesan cheese
Yolks of two eggs
Salt and pepper

Put the milk on to boil in the farina boiler, with the carrot, onion and mace. Rub the butter and flour together. Remove the vegetables from the milk, add the butter and flour, and stir constantly until it thickens. Add the cheese, and stir three minutes. Now take it from the fire, add the beaten yolks of the eggs, salt and pepper and serve at once. This soup cannot be heated over. Veal stock may be used in this soup same as cream of asparagus soup.

CREAM OF CORN SOUP

1 pint of grated corn
3 pints of boiling water or, better, veal stock
1 pint of hot milk
3 tablespoonfuls of butter
2 even tablespoonfuls of flour
Yolks of two eggs
Salt and pepper to taste

Put the cobs from which you have removed the corn in the boiling water or stock and boil slowly half an hour. Re-

move them, put in the corn and boil till very soft, about twenty minutes, then press it through a sieve. Season and let it *simmer* while you rub the butter and flour together; add these to the soup and stir it constantly until it thickens. Now add the boiling milk, cook one minute, *then* add the beaten yolks, and serve immediately.

CREAM OF LIMA BEAN SOUP

1 quart of very young lima beans
1 pint of milk
1 pint of veal stock
1 tablespoonful of butter
2 even tablespoonfuls of flour
Salt and pepper to taste
Yolks of two eggs

Put the beans in a saucepan, cover with boiling water, boil slowly thirty minutes. Drain and press them through a colander. Put the milk on to boil in a farina boiler. Add the beans to the stock. Rub the butter and flour together; add to the boiling milk; stir constantly until it thickens. Now add this to the stock. Let it all boil up once, then add the beaten yolks of the eggs.

CREAM OF PEA SOUP No. 1

Shell half a peck of green peas, wash the pods, put them into a soup kettle with plenty of cold water; boil until tender; drain and throw away the pods. Put the peas into this water and boil them three-quarters of an hour. Take out one cup of the peas and mash the rest through a sieve. Put them back again into the soup kettle (the soup should now measure about a pint); add three pints of rich milk and the cup of peas; let it come to a boil. Rub a quarter of a pound of butter and two tablespoonfuls of flour to a smooth paste and stir into the soup; add a tablespoonful of chopped parsley, season with pepper and salt. A tablespoonful of white sugar and a sprig of mint are pleasant additions.

CREAM OF PEA SOUP No. 2

1 pint of canned peas
1 quart of milk
1 tablespoonful of butter
2 even tablespoonfuls of flour
Salt and pepper to taste

Press the peas through a colander. Put the milk on to boil in a farina boiler; as soon as it boils, add to it the peas that have been pressed through the colander. Rub the butter and flour together, add them to the boiling soup and stir constantly until it thickens. Add salt and pepper and serve immediately.

POTATO SOUP

4 good-sized potatoes
1 quart of milk
1 piece of onion the size of a silver quarter
1 sprig of parsley
Stalk of celery
1 bay leaf
1 tablespoonful of butter
1 tablespoonful of flour
Salt and pepper to taste

Put the potatoes on to boil in one quart of cold water. When they are half done (about fifteen minutes) drain all the water off and cover them again with one pint of fresh boiling water; add the bay leaf, onion, parsley and celery, and boil until the potatoes are done. Put the milk on to boil in a farina boiler. Now press the potatoes through a sieve or vegetable press. Rub the butter and flour together and stir into the boiling milk until it thickens. Now pour this over the potatoes, stir until smooth and serve immediately. This soup cannot stand or be warmed over.

CREAM OF RICE SOUP

½ teacupful of rice
1 quart of white stock
1 quart of cream or milk
1 tablespoonful of butter
½ of a small onion
1 stalk of celery
1 bay leaf
Salt and pepper to taste

Wash the rice carefully, add it to the cold stock with the bay leaf, onion and celery. *Simmer* slowly two hours.

Press it through a sieve, return it to the soup kettle, add the butter, cream or milk, salt and pepper and stir constantly, until it just comes to a boil, when it is ready to serve.

Cream of barley soup may be made the same as above, *simmering* the barley four hours.

CREAM OF SAGO SOUP

½ cupful of sago
1 quart of veal or white stock
1 pint of cream or milk
2 even tablespoonfuls of flour
Sprig of parsley
1 bay leaf
1 small onion
1 tablespoonful of butter

Wash the sago well in cold water, cover with clean cold water and soak three hours. Put the stock in the soup kettle with the onion, parsley and bay leaf. Drain the sago, add it to the stock and *simmer* slowly for half an hour. Now take out the onion, bay leaf and parsley. Put the milk on to boil in a farina boiler. Rub the butter and flour together and stir into the milk when boiling. Stir constantly until it thickens. Now pour this into the soup kettle, add seasoning and serve.

SALSIFY or OYSTER PLANT SOUP

1 bunch or one dozen salsify roots
1 quart of milk
1 tablespoonful of butter
2 tablespoonfuls of flour
Salt and pepper to taste

Scrape the salsify, cut it into slices, cover it with boiling water, about one pint, and boil slowly one hour, or until tender; then add the milk (do not drain off the water). Rub the butter and flour together, add it, six whole allspice, a blade of mace and a bay leaf, and stir the soup constantly until it boils, add the seasoning and let stand on the back part of the stove for ten minutes. Take out the bay leaf and serve.

CREAM OF TAPIOCA SOUP

Cream of tapioca soup is made the same as cream of sago soup, using a half cup of tapioca instead of a half cup of sago.

CREAM OF TOMATO or MOCK BISQUE SOUP

1 quart of milk
1 pint can of tomatoes, or one pint of stewed tomatoes
1 large tablespoonful of butter
1 bay leaf
Sprig of parsley
Blade of mace
1 teaspoonful of sugar
¼ teaspoonful of baking soda
2 tablespoonfuls of flour

Put the tomatoes on to stew with the bay leaf, parsley and mace; let them stew for fifteen minutes. Put the milk on to boil in a farina boiler. Rub the butter and flour together, add to the milk when boiling and stir constantly until it thickens. Now press the tomatoes through a sieve and, if ready to use the soup, add the sugar and soda to the tomatoes, and then the boiling milk; stir and serve immediately. It must not go on the fire after mixing the milk with the tomatoes, or it will separate. If you are not ready, let them stand on the fire separately and mix them when wanted.

FISH SOUPS

BISQUE OF LOBSTER

2 hen lobsters
2 quarts of veal stock
1 tablespoonful of butter
1 tablespoonful of flour
Season with salt, black and cayenne pepper

Boil the lobsters and open. (See directions for boiled lobsters.) Cut the meat into dice. Bruise the shells and small claws and add them to the stock, and *simmer* thirty minutes. Pound and mix the spawn, if any, the fat, and two tablespoonfuls of the meat, part of the coral, the butter and flour, until reduced to a pulp. Strain the stock and add it gradually to the pulp, stirring all the while. Now add the seasoning, return it to the fire, add the lobster meat and the remainder of the coral rubbed fine, and serve immediately.

HALIBUT SOUP

1 pound of halibut	1 small onion
1 quart of milk	1 bay leaf
2 tablespoonfuls of flour	Sprig of parsley
1 tablespoonful of butter	Salt and pepper to taste

Put the fish in a sauce-pan, add the bay leaf, parsley and onion, cover with boiling water and *simmer* for fifteen minutes. Take the fish carefully out of the water, remove the centre bone and skin and mash the flesh fine in a colander. (It is not necessary to press it through.) Put the milk on to boil in a farina boiler. Rub the butter and flour together, add to the milk when boiling, stir until it thickens, then add the fish, salt and pepper; let it heat up thoroughly and it is ready to serve.

Any white fish may be used in place of halibut.

CLAM SOUP No. 1

25 clams	2 tablespoonfuls of flour
1½ pounds of veal or one knuckle	1 pint of milk or cream
1 quart of water	1 bay leaf
2 tablespoonfuls of butter	1 small onion
	Sprig of parsley

Put the veal or knuckle into a soup kettle with the water, onion, parsley, bay leaf and the liquor drained from the clams. *Simmer* slowly, one and a half hours, skimming

carefully. Then strain the soup and return it to the kettle. Rub the butter and flour together, add to the soup when boiling and stir constantly until it boils again. Chop the clams fine, add them to the soup, then the seasoning; let all boil five minutes, then add the milk or cream and take from the fire at once. If you boil it after adding the milk it will curdle.

CLAM SOUP No. 2

50 clams	2 tablespoonfuls of butter
1 pint of milk	1 dozen water crackers
1 pint of water	Pepper to taste

Drain the clams and put the liquor on to boil; chop the clams fine. Skim the liquor, as it boils, free from all scum, then add the water, clams and pepper, and *simmer* for five minutes; add the butter and then the milk; let it heat (but not boil). Take from the fire, add the crackers, broken into small pieces, and serve at once.

SALMON SOUP

1 pound of fresh salmon	1 tablespoonful of butter
1 pint of milk	2 tablespoonfuls of flour
1 pint of veal stock	Salt and pepper to taste

Wash the salmon, put it in a saucepan, cover it with boiling water and *simmer* for fifteen minutes. Take from the water, remove the skin and bones and mash the flesh in a colander. Put the milk and stock on to boil. Rub the butter and flour together, add them to the stock and milk when boiling, stirring constantly until it thickens. Now add the salmon, let it come to a boil and serve.

Canned salmon may be used in place of fresh.

GREEN TURTLE SOUP (The Caterer)

The day before you intend to dress the turtle cut off its head; and to do this properly you should hang up the victim with its head downwards, use a very sharp knife and make the incision as close to the head as possible. You must not be

surprised at seeing, many hours after the decollation, the creature exhibit extraordinary signs of muscular motion, by the flapping of his fins. Separate the upper from the lower shell, and in this operation be very careful not to touch the gall bladder, which is very large and, if penetrated, would completely destroy the flesh over which its contents ran. Cut the meat of the breast in a half-dozen pieces; abstract the gall and entrails and throw them away at once. Separate the fins as near the shell as possible, abstract the green fat and put it on a separate dish from the white meat. Boil the upper and lower shells in water sufficiently long to enable you to take away the bones. Then remove with a spoon the mucilage that you find adhering to the shells; put this also in a separate dish. Into the largest stewpan your kitchen affords put the head, fins, liver, lights, heart and all the flesh, a pound of ham, nine or ten cloves, a couple of bay leaves, a good-sized bunch of sweet herbs (such as winter savory, marjoram, basil, thyme), a silver onion cut into slices and a bunch of parsley. Cover all these with the liquor in which you have boiled the shells and let it *simmer* till the meat be thoroughly done, which you can ascertain by pricking with a fork and observing if any blood exudes; when none appears, strain the liquor through a fine sieve and return it to the stewpan, which may remain at some distance from the fire. Cut the meat into square bits of about an inch. Put the herbs, onion, etc., into a separate saucepan with four ounces of butter, three or four lumps of sugar and a bottle of Madeira; let this boil slowly. Whilst this is doing, melt in another saucepan half a pound of fresh butter and, when quite dissolved, thicken it with flour, but do not make it too thick, and then add a pint of the liquor from the shells; let this boil very gently, removing the scum as it rises.

When both these saucepans are ready, strain the contents of the first through a sieve, and this done, add both to the stewpan. Warm up the liquor from the shells, the green fat and mucilage and put them and the meat into the stewpan with the yolks of a dozen hard-boiled eggs, the juice of half a dozen green limes and two teaspoonfuls of cayenne. Gently warm up the whole together, and you may regard your cookery as complete. Fill as many tureens as your soup will permit, and, as these are required for the table, take especial care to warm the soup before serving by putting the tureens in a hot water bath (*bain-marie*); boiling it up a second time would deprive this delicious preparation of its true flavor.

OYSTER SOUP

50 oysters — 1 dozen pepper-corns
1 pint of cold water — 1 tablespoonful of butter
1 pint of milk — 1 tablespoonful of corn starch
Salt and pepper to taste

Put the oysters in a colander to drain, then pour over them the cold water and allow it to drain into the liquor. Now pour the liquor into the soup kettle, set the kettle over a good fire and when it boils skim it. Now add the milk and the pepper-corns. Rub the butter and corn starch together until smooth and add them to the mixture as soon as it boils. Stir constantly until it boils again. Wash the oysters, after draining, by allowing cold water to run over them through the colander. Now add them to the soup, stir continually, until it comes to a boil, add the salt and pepper. Serve immediately.

Do not allow the oysters to boil, as it destroys their flavor and makes them tough. But be equally careful that the oysters *are heated through*, as nothing is more objectionable than a cold, uncooked oyster in a hot soup.

CHOWDERS

CLAM CHOWDER

50 clams
1 pound of veal
½ pound bacon or ham
1 pint of stewed or canned tomatoes
1 pint of water
1 pint of milk
6 water crackers or three sea biscuit
1 teaspoonful of thyme
1 teaspoonful of sweet marjoram
1 tablespoonful of chopped parsley
3 medium-sized potatoes
Salt and pepper to taste

Line the bottom of the saucepan with the bacon or ham cut into dice. Pare and cut the potatoes into dice. Chop the onion fine. Cut the veal into pieces a half-inch square. Chop the clams. Mash the crackers. Now put a layer of the potatoes on the bacon or ham, and then a sprinkling of onion, thyme, sweet marjoram, parsley, salt and pepper, and then a layer of veal, then tomatoes, then a layer of chopped clams, and continue these alternations until it is all in, having the last layer clams. Now add the water, which should be boiling and barely cover the whole. Cover closely, place on a slow fire and *simmer* for half an hour without stirring. Then add the milk and crackers, stir and cook ten minutes longer and serve very hot.

The tomatoes may be omitted if not liked.

CORN CHOWDER

1 quart of grated corn
4 good-sized potatoes
2 medium-sized onions
½ pound of bacon or ham
1 large tablespoonful of butter
3 tablespoonfuls of flour
1 pint of milk
6 water crackers
Yolk of one egg
½ pint of boiling water

Pare and cut the potatoes and onions into dice. Cut the bacon or ham into small pieces and put it into a frying-pan with the onions and fry until a nice brown. Put a layer of potatoes in the bottom of a saucepan, then a sprinkling of bacon or ham and onion, then a layer of corn, then a sprinkling of salt and pepper, then a layer of potatoes, and so on, until all is in, having the last layer corn. Now add the water and place over a very moderate fire and *simmer* for twenty minutes. Then add the milk. Rub the butter and flour together and stir into the boiling chowder. Add the crackers, broken; stir, and cook five minutes longer. Taste to see if properly seasoned, take it from the fire, add the beaten yolk of the egg and serve.

FISH CHOWDER

3 pounds of fish
1 pint of milk
3 medium-sized potatoes
1 quart of water
1 pint of stewed or canned tomatoes
1 large-sized onion
¼ pound of bacon or ham
1 tablespoonful of thyme
1 teaspoonful of sweet marjoram
6 water crackers or three sea biscuit
Salt and pepper to taste

Cut the fish, the potatoes, the onion, and bacon or ham, into pieces about a half-inch square. Now put the bacon or ham and the onion into a frying-pan, stir and fry them a light brown. Put a layer of the potatoes in a saucepan, then a layer of fish, then a sprinkling of onions

and bacon or ham, then a layer of tomatoes, then a sprinkling of thyme and sweet marjoram, salt and pepper, and continue these alternations until all is in, having the last layer potatoes. Now add the water. Cover closely, place it over a moderate fire and let it *simmer* twenty minutes without stirring. In the meantime put the milk in a farina boiler and break into it the crackers; let it stand three minutes. Now add this to the chowder, stir, let it boil once, see that it is properly seasoned and serve very hot.

The tomatoes may be omitted if not liked.

POTATO CHOWDER

6 good-sized potatoes
1 tablespoonful of flour
1 good-sized onion
¼ pound of bacon or ham
1 tablespoonful of chopped parsley
1 tablespoonful of butter
1 pint of milk
1 pint of water

Pare and cut the potatoes into dice and chop the onion fine. Cut the bacon or ham into small pieces. Put the bacon or ham and the onion in a frying-pan and fry until a light brown. Now put a layer of potatoes in the bottom of a saucepan, then a sprinkling of the ham or bacon, onion, parsley, salt and pepper, then a layer of potatoes, and so on until all is used. Add the water, cover closely and *simmer* twenty minutes. Then add the milk. Rub the butter and flour together, add to the boiling chowder and stir carefully until it boils. Taste to see if properly seasoned; if not, add more salt and pepper and serve.

FISH

The flesh of all fish out of season is unwholesome; to be eatable they should be perfectly fresh, the eyes clear, the gills red, the scales bright, the flesh firm and free from any unpleasant odor and, to secure the best flavor, should be cooked as soon as possible after leaving the sea, river or pond. They should be scaled and cleaned as soon as they come home from the market, washed quickly without soaking, removing the smallest atom of blood. Sprinkle salt on the inside and put them in a *cold* place until wanted. If necessary to keep them over night, place where the moon will not shine on them, as the effect is as bad as the hot sunshine. Cod, haddock and halibut may be kept a day before using, but mackerel and whitefish lose their life as soon as they leave the water. The fat or oil of most fish is found in their livers, consequently the flesh is white. Salmon, herring, mackerel, sturgeon and catfish are exceptions, having the oil distributed throughout the body, thereby giving color to the flesh.

STOCK FOR BOILING FISH

5 pounds of haddock
1 onion
2 bay leaves
4 whole cloves
1 stalk of celery
2 sprigs of parsley
3 quarts of cold water

Clean and wash the fish, cut it into pieces about three inches square; put it into a soup kettle, with the water, onion, bay leaves, cloves, celery and parsley; place it over a moderate fire and skim at the first boil. *Simmer* gently for two hours, then strain, add a tablespoonful of salt and it is ready for use.

This makes a nice soup for Lent, served clear, with croûtons.

BOILED FISH

Wash the fish well in cold water. Wipe it carefully, and rub it with a little salt. Wrap it in a cloth; cheese cloth will answer. Have the cloth just large enough to envelop the fish. Sew the edges so that there will be but one thickness of the cloth over any part of the fish. Now put it into a fish kettle if you have one; if not you may lay it on a platter, tie fish and platter together in a cloth and put it in the bottom of a large saucepan. Cover with boiling water, add one tablespoonful of salt and *simmer very* gently ten minutes to every pound of fish. Take the fish from the water the moment it is done; drain, remove the cloth carefully, turn the fish on to the plate; garnish with slices of lemon and parsley. Serve with either shrimp, oyster, Hollandaise or caper sauce, or plain drawn butter.

All cold boiled fish left may be utilized in making salads, croquettes or à la crêmes.

This is a general rule for boiling all kinds of fish.

BOILED SALMON STEAKS

Have the steak about two inches thick; wrap in a cloth, put in a kettle of boiling water, add a teaspoonful of salt and *simmer* twenty minutes. Serve with lobster or shrimp sauce. Rub the coral of the lobster fine and sprinkle over the fish. Halibut steaks may be boiled and served in the same way.

TO BOIL SALT CODFISH

Wash the fish well in cold water. Cover it with fresh cold water and soak over night. In the morning, wash it again; put it into a kettle, cover with cold water, place over a hot fire and bring it to boiling point. Now stand it over a more moderate fire for four hours. If it boils, the fish will become hard. When done, dish and serve with drawn butter.

TO FRY FISH

"Small fish should swim twice, once in water and once in oil"

Perch, brook trout, catfish and all small fish are best fried. They should be cleaned, washed well in cold water and immediately wiped dry, inside and outside, with a clean towel, and then sprinkled with salt. Use oil if convenient, as it is very much better than either dripping or lard. Never use butter as it is apt to burn and has a tendency to soften the fish. See that the oil, lard or dripping is *boiling* hot, before putting in the fish. Throw in a crumb of bread; if it browns quickly, it is hot enough and the fish will not absorb any grease.

FRIED SMELTS

To clean them, make a slight opening at the gills, then draw them between the thumb and finger, beginning at the tail. This will press out all the insides. Wash and wipe them. Now sprinkle them with salt; dip them first in beaten eggs, and then in bread crumbs, and fry in *boiling* fat. Garnish with parsley and slices of lemon, and serve with sauce Tartare.

All small fish may be fried in the same way.

FRIED HALIBUT

Cut the halibut steak into pieces about two inches square. Beat an egg, same as for fried oysters; season the halibut with salt and pepper, dip first in the egg, then in bread crumbs, and fry a nice brown in boiling fat. Lay on brown paper to drain and serve on a hot dish.

FRIED WHITEFISH ETC.

Scale and wash the fish. Trim off the fins and take out the gills. Wipe it dry immediately. Dredge it with salt, pepper and flour. Put four tablespoonfuls of dripping or lard in a frying-pan; when *hot*, put the fish into it. Brown on one side, then turn and brown on the other. When done, take out carefully, put on a hot dish, garnish with parsley and serve.

Bass, bluefish, porgies, flounders, weakfish and herring may be fried in the same way.

TO BROIL FISH

This is one of the nicest ways of cooking shad, bluefish, mackerel, salmon and the large trout. Always use a double broiler. Rub it well with a piece of suet before putting the fish in. A fish weighing four pounds will take half an hour to cook over a clear but moderate fire. The flesh side should be first exposed to the fire, then the skin. Great care must be taken not to burn the skin side. When the fish is done, separate it carefully from the broiler with a knife so as not to break the nice brown outside. Sprinkle with salt and pepper, and spread it with butter, stand it in the oven for a moment and it is ready to serve.

For broiling, the fish should be cleaned and split down the back, leaving on the head and tail.

BROILED HALIBUT or SALMON

Have the steak cut one inch thick, wash it quickly and carefully, dry it with a towel, place it on a broiler and broil over a clear fire (not too hot) for ten minutes or until a nice brown on one side; then turn and broil on the other side. Put on a hot dish, spread with butter, dredge with salt and pepper on both sides, garnish with parsley and serve.

HALIBUT STEAK à la FLAMANDE

Take a halibut steak an inch and a half thick, wash and wipe it dry. Butter the bottom of a roasting pan, sprinkle it with chopped onion, salt and pepper; put the fish on top of this, brush it over with the yolk of an egg, sprinkle thickly with chopped onion, parsley, salt and pepper, pour over it a teaspoonful of lemon juice, cover with a tablespoonful of butter cut into small bits and bake in a moderate oven thirty minutes. Serve on a hot dish, with Béchamel sauce and garnish with slices of lemon and parsley.

BROILED MACKEREL (Salt)

Wash and scrape all the thin black skin from the *inside*. Soak the fish in a large pan full of cold water over night. In the morning wash it in fresh water and wipe it. Brush it with melted butter, dredge lightly with pepper, lay it on a greased broiler and broil with the flesh side down over a clear fire; then turn and broil the skin side. Be careful as it will burn very quickly on this side. When done lay it on a hot dish and spread with butter or serve with maître d'hôtel sauce.

BROILED SMOKED SALMON

Cut a piece of the salmon the size you wish. Wash it well in cold water, then cover it with boiling water and let it stand on the back part of the stove where it will keep warm (not hot) for twenty-five minutes. Then take it out, wipe dry and broil the same as mackerel.

BAKED SHAD

Scrape free from all scales, make a short opening down the belly and take out the insides; wash well inside and out and immediately wipe dry with a clean towel. Rub it well with salt. Make a dressing of one cup of stale bread crumbs, one tablespoonful of melted butter, one tablespoonful of chopped parsley, a half teaspoonful of salt and a little black pepper; mix well and stuff the body of the fish and sew it up with soft yarn. Now score one side of the fish with a sharp knife, making the scores about an inch apart, and put a strip of salt pork in each gash. Grease a tin sheet, if you have one, place it in the bottom of a baking-pan, put the fish on it, dredge thickly with salt, pepper and flour; cover the bottom of the pan with boiling water and put into a hot oven. Bake fifteen minutes to every pound of fish, basting each ten minutes with the gravy in the pan. As the water evaporates add more to again cover the bottom of the pan. When done, lift the tin sheet from the pan and slide the fish carefully into the centre of the dish on which it is to be served; garnish with slices of lemon, fried potato balls and parsley; serve with sauce Hollandaise or roe sauce. If you have no tin sheet, place the fish in the bottom of a baking-pan and when done loosen it carefully and slide it into the dish. Rock fish may be baked in exactly the same manner.

PLANKED SHAD

This is the very best way of cooking shad:—

The plank should be three inches thick, two feet long, one and a half feet wide and of well-seasoned hickory or oak. Pine or soft wood gives the fish a woody taste. Take a fine shad just from the water, scale, split it down the back, clean it, wash well and immediately wipe dry. Dredge it with salt and pepper. Place the plank before a clear fire to get VERY HOT. Then spread the shad open and nail it, skin side next to the hot plank, with four large-headed tacks. Put it before the fire with the large end down; in a few minutes turn the board so that the other end will be down, and do this every few minutes until the fish is done. To tell when it is done pierce it with a fork; if the flesh be flaky it is done. Spread with butter and serve on the plank or draw the tacks carefully and slide the shad on to a hot dish.

The whitefish caught in the lakes are excellent when cooked in this manner.

HOW TO CURE AND SMOKE SHAD ETC.

Scale, cut the fish up the back, clean, and take out the roe. Wipe the fish with a damp cloth but do not wash them. To twenty pounds of fish allow one pint of salt, one pint brown sugar and one ounce of saltpetre. Mix these all well together. Rub the fish well inside and out with this mixture. Put one fish over the other with a board on top, and on this place heavy weights to press them down. Allow them to remain so for sixty hours, then drain them, wipe dry, stretch open and fasten with small pieces of stick. Smoke them for five days in a smoke-house or in a box, or some such place, over a smothered wood fire.

Whitefish, salmon and other large fish may be smoked in the same way.

CODFISH BALLS

2 cups of picked codfish (salt) 1 tablespoonful of butter
2 cups of mashed potatoes ¼ cup of cream
¼ of a teaspoonful of pepper

Pick the codfish into small pieces; soak it in cold water for half an hour; then drain and pour over it enough boiling water to cover; let it stand on back part of the fire for fifteen minutes. Drain and press out all the water, then mix it with the potatoes, which should be well beaten, add all the other ingredients, beat well. Form into balls, roll first in beaten egg and then in bread crumbs and fry in *boiling* fat or oil.

STEWED SALT CODFISH

1 cup of picked codfish 1 quart of milk
2 medium-sized potatoes ½ cup of bread crumbs
Butter the size of an egg Salt and pepper to taste

Cover the codfish with cold water and soak two hours. Pare and cut the potatoes into dice, put them in a stewing-pan, cover them with boiling water and boil until tender; drain, add to them the milk, the butter and the bread crumbs. Drain the fish and scald it, and drain again; add it to the other ingredients, let it boil up once, add salt and pepper and serve very hot.

SALT CODFISH WITH CREAM SAUCE

2 cups of picked codfish 1 large tablespoonful of butter
1 pint of milk
2 even tablespoonfuls of flour Yolk of one egg
Salt and pepper to taste

Cover the codfish with cold water and let it soak two hours; drain, cover with lukewarm water and stand it on the back part of the fire, where it will not get scalding hot, for one hour more. Then drain it free from all water. Put the butter in a frying-pan; when melted, add the flour and mix;

then add the milk, stir constantly until it boils, add the fish, salt and pepper and stir until hot. Take from the fire, add the yolk of the egg and serve immediately with plain boiled potatoes.

FISH à la REINE

1 pound of cold boiled fish
1 tablespoonful of butter
1 tablespoonful of flour
½ pint of milk or cream
Yolk of one egg
3 chopped mushrooms
1 tablespoonful of chopped parsley
Salt and pepper to taste

Pick the fish into small pieces. Put the butter in a frying-pan and, when melted, add the flour, mix, then add the milk and stir constantly until it boils. Add the fish, mushrooms, salt and pepper and stand the frying-pan over the tea-kettle until the fish is thoroughly heated. Now beat the yolk of the egg lightly, add it and the parsley, mix all carefully together and serve at once in paper cases or shells.

CUSK à la CRÊME

1 pint of pieces of cold cooked fish
Yolks of two eggs
1 pint of milk
1 blade of mace
1 bay leaf
1 sprig of parsley
1 small piece of onion
1 tablespoonful of butter
2 tablespoonfuls of flour

Put the milk on to boil in a farina boiler, add to it the mace, onion, parsley and the bay leaf. Rub the butter and flour together and stir into the milk when boiling, cook two minutes, add the well-beaten yolks of the eggs, take from the fire and strain. Add salt and pepper to taste. Put a layer of this sauce in the bottom of a baking-dish, then a layer of the fish, then another layer of the sauce, and so on until all is used, having the last layer sauce. Sprinkle the top lightly with bread crumbs and put in the oven until a nice brown. Serve in the same dish.

This may also be served in individual dishes.

DEVILED HALIBUT

This is made the same as deviled crabs, using one pound of cold boiled halibut instead of one dozen crabs. Serve in clam or scallop shells.

SALMON CROQUETTES

1 pound or one can of cold boiled salmon
1 teaspoonful of salt
1 tablespoonful of chopped parsley
Juice of half a lemon
A little cayenne
1 cup of cream
1 tablespoonful of butter
3 tablespoonfuls of flour

Chop the salmon fine and add to it the salt, parsley, lemon juice and cayenne. Mix thoroughly. Put the cream on to boil. Rub the butter and flour together until smooth and then stir them into the boiling cream. Stir and cook two minutes; season it lightly. Now stir this into the salmon; mix well and turn out on a dish to cool. When cool, form into cork-shaped croquettes; roll first in beaten egg, then bread crumbs and fry in *boiling* fat. Serve on a napkin, garnish with parsley.

SHAD ROE CROQUETTES

2 shad roes
½ pint of cream
Yolks of two eggs
¼ of a grated nutmeg
1 teaspoonful of lemon juice
1 large tablespoonful of butter
2 large tablespoonfuls of flour
1 tablespoonful of chopped parsley
Salt, cayenne and black pepper

Wash the shad roes, put them in a saucepan of boiling water, add a teaspoonful of salt, cover and *simmer* slowly fifteen minutes. Then take them out, remove the skin and mash them. Put the cream on to boil. Rub the butter and flour together, add them to the boiling cream and stir until it is very thick; add the yolks, take from the fire and add all the other ingredients, mix well and turn out on a dish

to cool. When cold form into croquettes, either pyramids or rolls, dip first in beaten egg and then in bread crumbs and fry in *boiling* oil or fat. Serve with sauce Hollandaise.

STEWED CARP

Scale the fish, cut off the head, tail and fins. Mix one tablespoonful of salt, half a teaspoonful of pepper and a quarter of a teaspoonful of mace together, and rub the carp inside and out with it. Stand it in a cold place for one and a half hours. Then put it into a kettle, as for boiled fish, and cover it with boiling water; add one small onion, a sprig of parsley, one bay leaf and one teaspoonful of sweet marjoram; let this *simmer* ten minutes to every pound. When done, dish and serve with cream sauce.

PICKLED SALMON

A ten-pound salmon
2 quarts of *good* cider vinegar
4 blades of mace
12 whole cloves
1 small onion
2 bay leaves
1 small red pepper
12 pepper-corns
2 tablespoonfuls of whole mustard
2 tablespoonfuls of sugar
½ pint of boiling water

Clean the salmon and wash it well in cold water. Put it into a kettle, cover it with boiling water, add a tablespoonful of salt and boil fifteen minutes to every pound. If you have to cut your fish, boil only ten minutes to every pound. When done, drain, wipe dry and stand in a cold place over night. In the morning take off the skin and cut the flesh into nice convenient pieces. Put the vinegar and all the other ingredients into a porcelain kettle and bring them to a boil. Now drop the salmon carefully into this and let all boil up once. Rinse six or seven air-tight glass jars with hot water, carefully take the salmon from the kettle with a spoon, drop it rapidly into a jar, until it will

hold no more; now fill with the boiling liquor to the very brim, screw on the top and stand to one side. Proceed in this manner until all the jars are filled. Then wipe them off; see that they are all screwed up well. Stand in a *cool, dark, dry* place and it will keep good for a year.

PICKLED HALIBUT

Proceed in the same manner as for pickled salmon, using ten pounds of halibut in one piece, instead of the salmon.

STURGEON

PICKLED STURGEON

6 pounds of sturgeon
1½ quarts of *good* cider vinegar
1 onion
2 bay leaves
12 whole cloves
3 blades of mace
1 tablespoonful of mustard seed
12 pepper-corns
1 small red pepper
1 tablespoonful of loaf sugar

Skin the fish and let it soak in cold water for half an hour. Then put it in a kettle, cover it with boiling water and parboil fifteen minutes to remove the oily taste. Now drain and stand it in a cold place until the next day, then finish same as pickled salmon.

STEWED STURGEON

Cut two pounds of the fish into pieces about two inches square, put them into a stewing-pan and cover with boiling water. *Simmer* gently for fifteen minutes to extract the strong oily flavor. Now drain off the water, add one tablespoonful of butter, then salt and pepper; cover the saucepan and stew until tender, about twenty minutes. Then add half a pint of milk. Moisten one tablespoonful of flour with a little cold water, mix until smooth, then add it to the sturgeon to thicken the gravy, boil up and serve hot.

BROILED STURGEON

Take two pounds of sturgeon steaks, wash well, skin and parboil fifteen minutes; drain and wipe dry; dredge with salt and pepper and broil over a clear, mild fire. Pour over them a tablespoonful of melted butter, serve on a hot dish and garnish with parsley and lemon cut into quarters, or they may be spread with maître d'hôtel sauce.

BAKED STURGEON

Take a piece of sturgeon weighing six pounds, wash it well, skin it and parboil for twenty minutes. Put a quarter of a pound of bacon in the bottom of a baking-pan, place the sturgeon on top of it, add a little water to keep it from burning and bake one hour, basting every ten minutes. Serve with drawn butter.

EELS

STEWED EELS

6 nice eels
1 pint of veal or fish stock
1 tablespoonful of butter
2 tablespoonfuls of flour
1 bay leaf
1 small onion
1 sprig of parsley
Salt and pepper to taste

Skin and clean the eels, cut off their heads and then cut them into pieces about two inches long; put them into a stewing-pan, cover with boiling water, add a tablespoonful of vinegar and *simmer* for ten minutes; then drain them. Melt the butter in a saucepan, add to it the flour, mix well and add all the other ingredients; stir constantly until it boils; then put the eels into this sauce and stew for half an hour. When done, dish the eels, strain the sauce over them and garnish with sippets fried in butter.

FRIED EELS

Skin and clean the eels. Cut them into pieces about three inches long; put them in a stewing-pan, cover with boiling water, add one tablespoonful of vinegar to every six eels; *simmer* five minutes. Drain and dry them with a towel. Beat an egg lightly, add to it a tablespoonful of boiling water, season with salt and pepper, dip the eels first in this and then in bread crumbs and fry in *boiling* oil or fat until a nice brown. Serve with sauce Tartare.

FROGS

FRIED FROGS

The hind legs of frogs are the only part used as food. They are usually sold skinned in the markets; but if you get them out of town, they must be skinned and thrown into boiling water for five minutes; take out and put them in cold water until cold, then wipe dry. Season with salt and pepper, dredge with flour and fry a nice brown in butter. Serve with fried parsley around them, or with cream sauce.

STEWED FROGS

1 dozen frogs
1 tablespoonful of butter
1 tablespoonful of flour
½ pint of stock
Yolk of one egg
Salt and pepper to taste

Prepare the frogs same as for frying. Put the butter in a frying-pan; when brown add the flour, mix until smooth, add the stock and, when it boils, throw in the frogs and *simmer* ten minutes; add salt and pepper, take from the fire, add the beaten yolk and serve at once.

LOBSTERS

Never buy a dead lobster. Choose the smaller ones that are heavy for their size; the larger ones are coarse and tough. They should be perfectly fresh and very lively. The male lobster is preferred for eating and the female for sauces and soups. The female has a broader tail and less claws than the male. If possible, always boil the lobster at home; but in some localities, where it is a necessity to buy them boiled, see that the tail is stiff and elastic, so that when you bend it out, it springs back immediately; otherwise they were dead before boiling. Lobsters boiled when dead are watery and soft; they are very unwholesome, even to a dangerous degree.

TO BOIL AND OPEN A LOBSTER

Fill a kettle with warm water (not boiling), put in the lobster head downward, add a tablespoonful of salt, cover the kettle and stand it over a very quick fire. They suffer less by being put into warm than in boiling water. In the latter they are killed by heat, in warm water they are smothered. A medium-sized lobster should boil half an hour; a larger one three-quarters. Cooking them too long makes them tough, and the meat will stick to the shell. When done and cool, separate the tail from the body and twist off all the claws; shake out carefully the tom-alley (this is the liver of the lobster and may be known by its greenish color); also the coral. Then draw the body from the shell, remove the stomach (sometimes called the lady), which is found immediately under the head, and throw this away. Now split the body through the centre and pick the meat from the cells. Cut the under side of the tail shell, loosen the meat and take it out in one solid piece. Now split the meat of the tail open and you will uncover a little vein running its entire

length, this remove. The vein is not always the same color; sometimes it is red, sometimes black and sometimes white; but in all cases it must be carefully taken out and thrown away. The stomach or lady, the vein and the spongy fingers between the body and shell, are the only parts not eatable. Crack the claws and take out the meat.

To serve plain boiled lobster, arrange the meat thus taken out in the centre of a cold dish, garnishing with the claws, sprigs of fresh parsley, hard-boiled eggs cut into quarters and pickled beets cut into fancy shapes. Let each person season to suit one's self.

LOBSTER FARCI

2 cups of boiled lobster
Yolks of three hard-boiled eggs
1 tablespoonful of chopped parsley
1 tablespoonful of butter
2 tablespoonfuls of bread crumbs
½ pint of milk
1 even tablespoonful of flour
¼ nutmeg, grated
Salt and cayenne to taste.

Cut the lobster into small pieces. Put the milk on to boil. Rub the butter and flour together and stir into the milk when boiling; stir until smooth, take from the fire, add the bread crumbs, parsley, lobster, hard-boiled eggs mashed fine, salt and cayenne; mix all well together. Be careful when opening the lobster not to break the body or tail shells. Wash the shells and wipe them dry, and with a sharp knife or scissors cut off the under part of the shell. Now join the large ends of the two tail shells to the body, forming a boat. Put the farce into these shells, brush it over the top with beaten egg, sprinkle lightly with bread crumbs and place in a quick oven for fifteen minutes to brown. Serve hot in the shells garnished with parsley.

LOBSTER CHOPS

2 cups of boiled lobster
3 tablespoonfuls of flour
1 tablespoonful of chopped parsley
1 cup of cream or milk
1 tablespoonful of butter
¼ of a nutmeg
Yolks of two eggs
Salt and cayenne to taste

Add all the seasoning to the lobster. Put the cream or milk on to boil, rub the butter and flour together, and add to the cream or milk when boiling. Now add the beaten yolks and cook two minutes. Take from the fire and add the lobster. Mix well; turn out on a dish to cool. When cool, form into chops, roll first in beaten egg, then in bread crumbs; put them in a frying-basket and fry in *boiling* oil or dripping until a nice brown. It will take about two minutes. Drain, and arrange them on a hot dish; put the end of a small claw in each chop to represent the mutton bone. Garnish with parsley, and serve with cream or Tartare sauce.

DEVILED LOBSTER

Deviled lobster is made the same as deviled crabs, using two cups of boiled lobster cut fine, instead of the dozen crabs. Serve in the lobster shells. This will require two small lobsters.

SCALLOPED LOBSTER

6 pounds of lobster, live weight
½ pint of milk
1 large tablespoonful of butter
1 tablespoonful of flour
1 tablespoonful of chopped parsley
½ cup of stale bread crumbs
Salt and cayenne to taste

Put the milk on to boil. Rub the butter and flour together and stir into the milk when boiling. Boil the lobsters,

open as directed and cut the meat into dice. Put a layer of the white sauce in the bottom of a baking-dish, then a layer of lobster, season with salt and cayenne, then a sprinkling of parsley and bread crumbs, then another layer of white sauce, and so on until all is used, having the last layer sauce, sprinkled over with bread crumbs. Put in a quick oven fifteen minutes to brown. Serve in the dish.

LOBSTER WITH CECIL SAUCE

Boil a three-pound lobster and open as directed. Cut the meat into pieces about one inch square. Put a tablespoonful of butter into a frying-pan, and, when melted, add one tablespoonful of flour; mix until smooth, add one gill of cream, one gill of stock, and stir constantly until it boils; add the lobster, salt and pepper to taste. Heat thoroughly, take from the fire, add the beaten yolk of one egg and a tablespoonful of chopped parsley. This may be served in paper cases or individual dishes.

LOBSTER WITH CREAM SAUCE

1 lobster (3 pounds, live weight) 1 tablespoonful of butter
1 tablespoonful of flour ½ pint of milk
5 mushrooms Salt and pepper to taste

Boil and open the lobster as directed. Cut it into dice. Put the butter in a frying-pan, and, when melted, add the flour; do not brown, but mix until smooth; add the milk, stir constantly until it boils; add the mushrooms chopped fine, salt, pepper and the lobster; stir until thoroughly heated. Serve in paper cases.

CRABS

Crabs, like lobsters, are sold alive, or boiled; they should be heavy for their size.

TO BOIL CRABS

Take one dozen heavy crabs and boil, the same as lobster, for three-quarters of an hour. When done and cold, twist off the claws, take off the upper shells and remove the spongy substance on the outside. See that the under part is free from sand. Arrange them nicely on a flat dish, garnish with parsley and serve with them oil, vinegar, salt and pepper, allowing each person to dress his own.

DEVILED CRABS

12 nice, heavy crabs
½ pint of cream,
2 tablespoonfuls of flour
¼ of a nutmeg, grated
Yolks of four hard-boiled eggs
1 tablespoonful of salt
1 tablespoonful of butter
1 tablespoonful of chopped parsley
Salt and cayenne to taste

Put the crabs in warm water, add the salt and put the kettle over a brisk fire. Boil thirty minutes. Take up and drain; break off all the claws, separate the shells, remove the spongy fingers, and the stomach, which is found under the head. Pick out all the meat. Put the cream on to boil; rub the butter and flour together and add to the boiling milk; stir and cook for two minutes. Take from the fire and add the crab meat, the yolks of the hard-boiled eggs mashed fine, the parsley, the nutmeg, salt and cayenne. Clean the upper shells of the crabs, fill them with the mixture, brush over with beaten egg, cover with bread crumbs and put in a quick oven to brown; or better, put them in a frying-basket and plunge into *boiling* fat or oil until a nice brown.

SOFT SHELL CRABS

The soft shell crab is nothing more than a hard shell crab after shedding its shell. In about three days the new shell begins to harden again, which is the cause of the always-short supply.

Lift the shell and remove the spongy substance on both sides; then put your thumb nail under the point of the "*apron*" and pull it off. The "apron" is a small, loose shell, running to a point in the middle of the under shell. Now wipe the crabs dry; if they are at all sandy, wash them before removing anything. Do not blanch them, as it entirely destroys their fine flavor. Dip them, while alive, in beaten egg, and then in bread crumbs which have been well seasoned with salt and cayenne. Fry in *boiling* oil or lard for ten minutes; when done, drain a moment on soft brown paper. Put sauce Tartare in the centre of a cold, flat dish; arrange the crabs around this, garnish with parsley and lemon cut into quarters, and serve.

SOFT CRABS FRIED IN BUTTER

Clean the crabs same as above. Dust them with salt, pepper and flour. Put three tablespoonfuls of butter into a frying-pan, and when hot throw in the crabs; when brown on one side, turn and brown on the other. Serve as above.

CRAW-FISH

These are found in most of our brooks and rivers. They resemble the lobster, and are often called young lobsters.

They are boiled and served the same as crabs, or used to garnish boiled fish.

SHRIMPS

Of all fish belonging to the lobster species, shrimps are the smallest. They are of two kinds, the Gulf shrimps or prawns being the largest. They are sold by the quart, already boiled, in some markets, but in the Northern cities the canned goods are convenient and very nice. Those put up by Dunbar & Co., and White, are the best.

BOILED SHRIMPS

Wash, and boil the same as crabs. When cold, twist the body and tail shells apart, carefully, so as not to break the meat, which remove in one piece. Serve same as crabs.

SCALLOPS

Scallops are always sold by measure, and only the muscular part of the fish is fit to use.

TO FRY SCALLOPS

Cover the scallops with boiling water and let them stand three minutes; drain, and dry them with a towel; season with salt and pepper, dip first in beaten egg, then in bread crumbs, and fry in *boiling* fat or oil.

STEWED SCALLOPS

1 pint of scallops
1 pint of milk
1 tablespoonful of butter
1 tablespoonful of flour
Salt and pepper to taste

Wash the scallops in cold water, then drain them. Put the milk on to boil. Rub the butter and flour together and add to the milk when boiling; add the scallops, stir, and cook five minutes; add salt and pepper, and serve.

MUSSELS OR SOFT CLAMS

Mussels are good during the winter months only. They should be of medium size, heavy, and perfectly fresh. Remove the shells carefully; wash the mussels and soak in cold water for ten or fifteen minutes, then drain.

FRIED MUSSELS

Mussels may be fried and served like oysters.

STEWED MUSSELS

Wash; and open the mussels until you have one quart. Then put them into a hot pan and stew for five minutes; add two tablespoonfuls of butter, dust them with a tablespoonful of flour, add six whole pepper-corns and stew gently for ten minutes. Then add a half cupful of cream and the well-beaten yolks of two eggs. Take from the fire and season with pepper and salt.

CLAMS

There are two varieties of clams, the small sand or little necks, and the mud clams or quahaugs. The first are very much the best, and are in season almost the whole year.

FRIED CLAMS

Clams may be fried the same as oysters.

STEWED CLAMS

Clams may be stewed the same as mussels, using fifty clams instead of one quart of mussels.

TO ROAST CLAMS

Wash them and put on a gridiron over the hot coals. When the shells open, remove the upper one, and serve in the under shell at once with a bit of butter and a little pepper on each.

CLAM FRITTERS

Clam fritters may be made the same as oyster fritters, using twenty-five clams instead of twenty-five oysters.

PICKLED CLAMS

Pickled clams are made precisely the same as pickled oysters, using fifty little-neck clams instead of fifty oysters.

TERRAPIN

Terrapins are always sold alive, and are in season from November to March. Diamond backs are the best, but are very expensive, costing from thirty to thirty-six dollars per dozen for cows. The males are small and of inferior flavor.

The common red-legs or fresh-water terrapin are very good, and only cost about two or three dollars a dozen for the very best.

STEWED TERRAPIN

2 terrapins
½ pint of thick cream
6 eggs
½ pound of butter
1 gill of sherry or Madeira
¼ teaspoonful of mace
Salt and cayenne to taste

Put the terrapins alive into *boiling* water, and boil ten or fifteen minutes, or until you can pull off the outer skin and the toe nails. Now put them back in fresh boiling water, add a heaping teaspoonful of salt and boil slowly until the shells part easily and the flesh on the legs is quite tender. When done take out, remove the under shell, and let stand until cool enough to handle. Then take them out of the upper shells; carefully remove the sand bags, bladders, the thick heavy part of the intestines, and the gall sacks, which are found imbedded in one lobe of the liver, and throw them away. In removing the gall sack, be very careful not to break it, as it would spoil the whole terrapin. Break the terrapin into convenient-sized pieces, cut the small intestines into tiny pieces and add them to the meat; now add the liver broken up, also all the eggs found in the terrapins. Now put it into a stewing-pan with the juice or liquor it has given out while being cut. Roll the butter in flour, add it to the terrapin, and stand on a very moderate fire until heated. Boil the six eggs for fifteen minutes, take out the yolks, mash to a smooth paste with two tablespoon-

fuls of the wine, then add this, the cream and seasoning to the terrapin, let it boil up once, take from fire, add the wine and serve.

It must never be boiled after adding the wine. More or less wine may be added according to taste.

OYSTERS

"Blessed if I don't think that ven a man's werry poor he rushes out of his lodgings and eats oysters in reg'lar desperation."—PICKWICK PAPERS.

Blue Points are nicest for serving raw, as they are small and fat and are considered the finest in the market. The Cape Shores, Maurice River Coves, and the Western Shores are all very good. They are in season from September until May and, like other shell-fish, are not good when dead.

Dr. Kitchener says, "Those who wish to enjoy this delicious restorative in its utmost perfection, must eat it the moment it is opened, with its own gravy in the under shell; if not eaten while absolutely alive, its flavor and spirit are lost."

SERVED ON THE HALF SHELL

Allow six oysters to each person. Wash the shells well; open them carefully; take off the upper shell, detach the oyster from the under shell, but leave it there. Put six on an oyster or round plate, and serve with a piece of lemon in the centre of the dish.

SERVED IN A BLOCK OF ICE

Take a perfectly clear block of ice, weighing about ten pounds. Heat a flat-iron, and with it mark out the space to be melted, leaving a wall about an inch and a half thick. Reheat the iron and with it melt the ice in the centre of the block; heat again, and continue the opera-

tion until you have a perfectly square cavity, leaving the bottom and sides about one and a half inches thick. Empty all the water carefully out, fill the cavity with freshly-opened oysters. Fold a napkin and place it on a large flat dish; stand the ice on this, and garnish the dish with smilax and nasturtium flowers; here and there, among the smilax, lemon quarters may be placed.

In large cities, ice moulds of different varieties are frozen to order and furnished by caterers.

STEWED OYSTERS No. 1

50 oysters
1 pint of milk
1 large tablespoonful of butter
1 large tablespoonful of flour
1 blade of mace
6 whole allspice
Salt and pepper to taste

Drain the oysters, and put the liquor on to boil; as soon as it boils, skim all the white scum from the surface; now add the milk, put back on the fire; rub the butter and flour together and add to the milk as soon as it boils; stir until it begins to thicken, add the mace and allspice. Wash the oysters by pouring cold water over them in the colander, add these to the other ingredients and stir constantly until the oysters curl; then add the salt and pepper. Do not allow them to boil, or the sauce will curdle, but be sure they are thoroughly heated, as nothing is more objectionable than an uncooked oyster in a hot sauce.

STEWED OYSTERS No. 2 (Mrs. Rogers, of Philadelphia)

50 oysters
1 pint of cream
1 tablespoonful of butter
½ cup of bread crumbs
1 pint of water
Salt and pepper to taste

Drain the oysters in a colander, and wash by pouring cold water over them. Put the bread crumbs and water in a stewing-pan, and cook five minutes; then add the oysters, and, when boiling hot, add the butter, cream, salt and pepper. Let the whole boil up once, and serve.

FRICASSEE OF OYSTERS

25 oysters
1 large tablespoonful of butter
1 large tablespoonful of flour
½ pint of milk
Yolks of two eggs
1 tablespoonful of chopped parsley
Salt and cayenne to taste

Boil the oysters in their own liquor; drain. Put the butter in a frying-pan, and, when melted, add the flour; mix until smooth; now add the milk, stir until it boils; add the oysters and a half-cup of the liquor, salt and cayenne, and stir again until it boils. Take from the fire, add the yolks of the eggs lightly beaten, and the parsley; serve at once.

CREAMED OYSTERS

25 oysters
1 pint of cream
1 tablespoonful of butter
1 tablespoonful of corn-starch or flour
1 blade of mace
Salt and pepper to taste

Put the oysters on to boil in their own liquor; as soon as they come to a boil, drain through a colander. Put the cream on to boil in a farina boiler. Rub the butter and corn-starch, or flour, together, and add to the cream when boiling; add the mace, and stir constantly until it thickens; then add the oysters, salt and pepper; stir until thoroughly heated, and serve.

OYSTERS à la BÉCHAMEL

25 oysters
½ pint of cream
2 ounces of butter
1 tablespoonful of flour
Salt and pepper to taste.

Boil the oysters about two minutes in their own liquor, drain, and chop them fine. Put the butter in a porcelain or granite saucepan, and, when melted, add the flour; stir and mix over the fire until smooth, then add the cream;

stir constantly until it boils; add the oysters; let it boil up once; add salt and pepper, and serve. A half-dozen chopped mushrooms may be added, if liked.

PANNED OYSTERS

Put twenty-five oysters in a colander and wash by pouring cold water over them; allow them to drain ten minutes; do not save either the water or liquor. Put an iron frying-pan over a quick fire to heat; as soon as it is *hissing* hot, throw in the oysters and shake and stir until they boil; then add salt, pepper, and a piece of butter the size of a large walnut. Serve in a hot dish immediately.

These are very nice, retaining all the natural flavor of the oyster.

BROILED OYSTERS (on the gridiron)

Use nice fat oysters. Lay them out on a board, dry with a towel, season them with salt and cayenne on both sides. Have your gridiron hot; test it by dropping on a drop of water; if it hisses, it is ready. Stand the dish in a warm place; put in it a piece of butter. Now cover the gridiron with the oysters; as soon as browned on one side, turn and brown on the other. Put them in the heated dish, and serve at once.

BROILED OYSTERS WITH BROWN SAUCE

Drain the oysters in a colander. Take one pint of liquor to every twenty-five oysters; put the liquor on to boil; skim all scum from the surface. Put one tablespoonful of butter in a frying-pan, and stir until a nice brown; then add two tablespoonfuls of flour, mix well, and brown; then add the oyster liquor, and stir constantly until it boils. Season with salt and pepper, and stand it over hot water until wanted. Broil oysters on gridiron, as directed, throw them into this sauce, and serve on squares of buttered toast.

NEW YORK BROILED OYSTERS

Take twenty-five large oysters, drain them, and place on a a baking board, season with salt and cayenne, and dip in bread crumbs. Grease an oyster broiler, place the oysters in side by side, close the broiler, and broil them over a clear fire until brown on one side, then turn and brown the other. Serve immediately on squares of buttered toast, with a few drops of lemon and a bit of butter on each oyster.

PHILADELPHIA BROILED OYSTERS

Take twenty-five large oysters, drain them, and place on a baking board. Season them with salt and cayenne. Put one cup of the liquor on to boil; as soon as it boils, skim it, and add one tablespoonful of butter, with salt and cayenne to taste. Grease an oyster broiler, place the oysters in side by side, close the broiler, and broil them over a clear fire until brown on one side, then turn and brown the other. Now throw them into the hot liquor. Serve immediately with a plate of buttered toast.

BAKED OYSTERS

Take nice large oysters in the shell. Wash and scrub the shells until free from sand. Now place them in a baking-pan, put in a very quick oven (400° Fahr.), and bake until they open their shells. Now remove the upper shells, put a small bit of butter on each oyster, sprinkle lightly with salt and cayenne, and serve in the under shells.

FRIED OYSTERS Philadelphia Style

Select for frying the finest oysters you can get. Drain them in a colander, and dry one by one on an old napkin or soft linen. Do not lift them with a fork, but carefully with the fingers. Season on both sides with salt and

cayenne. Beat up an egg in a saucer, add one tablespoonful of *boiling* water, and half a teaspoonful of salt. Put some nice stale bread crumbs out on your baking board, and season with salt and cayenne. Dip the oysters one by one first in the bread crumbs, then in the egg, and then place again in the crumbs, covering every part most carefully, and pressing it lightly with the hand. Put a deep frying-pan over the fire, with enough *oil* or lard to immerse the oysters. Be sure the oil or lard is *boiling* hot (365° Fahr.); if you have no thermometer, drop in a crumb of bread, if it browns quickly it is hot enough. Put in six of your oysters, watch them carefully, as soon as they are of a golden brown, take them out with a skimmer, and drain on a soft piece of brown paper, and serve at once on a hot dish. Some kind of pickles should always be served with them, in a separate dish.

Oysters are *very* much better fried in oil than lard or butter. They should never be fried until you are quite ready to eat them, as they are not good when kept warm, or warmed over. If you have a large quantity to fry, they may be dipped an hour or two before serving time, and spread on a clean cloth in a cool place. Always use bread crumbs in preference to cracker crumbs.

FRIED OYSTERS New York and Southern Style

Drain the oysters and season as above, then dip them in very fine cracker crumbs or flour. Put three or four tablespoonfuls of butter in a frying-pan; and, when hot, put in enough oysters to cover the bottom of the pan; when brown on one side, turn and brown the other. See that they are crisp, but not burned. Serve at once on a hot dish.

SCALLOPED OYSTERS

In a baking-dish put a layer of oysters, and cover them with a half-inch layer of stale bread crumbs; dot this over

with bits of butter, sprinkle with salt and pepper; then add another layer of oysters, and so continue until the dish is full, always having the last layer crumbs, dotted with bits of butter. Moisten the whole with a half cupful of the oyster liquor and the same of milk. Bake in a rather quick oven for twenty minutes, or until a nice brown. Serve in the baking-dish.

At my lectures I have often prepared these in the same manner, using the oyster shells instead of the one large baking-pan, allowing three oysters to each shell, and I think the flavor is thereby greatly improved.

OYSTERS AND MACARONI

Boil four ounces of macaroni, in plenty of boiling water, twenty minutes. Then cut it into pieces about one inch long. Put a layer of this in the bottom of a baking-dish, then a layer of oysters, sprinkle with salt and pepper and a few bits of butter, then another layer of macaroni, and so on until all is used, having the top layer macaroni; sprinkle the top lightly with grated cheese, and bake in a moderate oven twenty minutes. Serve in the dish in which they were baked.

OYSTER SAUTÉ

25 nice fat oysters
¼ pound of Irish breakfast bacon
Pepper and flour

Drain the oysters and dry them with a towel, then sprinkle with pepper, and roll them in flour. Put the bacon, cut into thin slices, in a frying-pan, and let all the fat try out of it; then remove the bacon and cover the bottom of the pan with oysters; as soon as crisp and brown on one side, turn and brown on the other. Serve on squares of buttered toast.

These are delicious. If no Irish bacon is at hand, use the ordinary smoked pork.

OYSTER LOAF

Cut a long loaf of bread into slices about two inches thick; a baker's long five-cent loaf will make six. Now trim off the crust, and make each piece square. Dig the crumb out of the centre of each piece, leaving sides and bottom like a box; that is, make a square box out of each slice of bread. Brush each box over with melted butter and put in a quick oven until a light brown. Fill with creamed oysters and serve.

DEVILED OYSTERS

25 nice fat oysters
½ pint of cream
1 tablespoonful of butter
2 tablespoonfuls of flour
1 tablespoonful of chopped parsley
Yolks of two eggs
Salt and cayenne to taste

Drain the oysters and chop them middling fine and drain again. Put the milk on to boil. Rub the butter and flour together and stir into the milk when boiling; as soon as it thickens, take it from the fire and add all the other ingredients. Beat the yolks before adding them. Have the deep shells of the oysters washed perfectly clean, fill them with this mixture, sprinkle lightly with bread crumbs, put them in a baking-pan and brown in a quick oven for five minutes. Serve in the shells; garnish with parsley.

They may be cooked in clam or silver scallop shells, but are much better done in their own shells, as there is a flavor imparted by the heated shell which greatly enriches the mixture. A word of caution: avoid long cooking, as it makes them dry. If your oven will not brown them in five or six minutes, and you have no salamander, heat your fire shovel red hot. Take the shells from the oven, hold the shovel over them until they brown.

These may be prepared several hours before they are wanted, and placed in the oven and browned at serving time.

OYSTER CROQUETTES

25 oysters
1 gill of oyster liquor
1 gill of cream
1 tablespoonful of butter
2 tablespoonfuls of flour
1 tablespoonful of chopped parsley
Yolks of 2 eggs
¼ of a nutmeg, grated
Salt and cayenne to taste

Put the oysters on to boil in their own liquor; boil and stir constantly for five minutes. Take from the fire and drain. Chop the oysters very fine. Now put into a saucepan one gill of this liquor and the cream. Rub together the butter and flour; add this and the oysters to the boiling liquor and cream, and stir until it boils and thickens; now add the yolks of the eggs; stir over the fire one minute; take it off, add parsley, salt, cayenne and nutmeg, mix well, and turn out to cool. When cold, form into cylinders, roll first in beaten egg, then in bread crumbs, and fry in *boiling* oil or fat.

OYSTER FRITTERS

25 oysters
2 eggs
1 cup of milk
1 teaspoonful of salt
2 dashes of black pepper
2 cupfuls of flour
½ teaspoonful of baking powder

Drain the oysters and strip them with your fingers to remove any pieces of shell that may have been left on them. Chop them fine. Beat the eggs altogether until very light, add to them the milk, then the flour and salt, and beat until perfectly smooth; add the oysters (free from all liquor), and the baking powder; mix well, and drop by spoonfuls in *boiling* oil or fat; when browned on one side, turn and brown on the other. When done, take out with a skimmer, as it makes them very heavy to pierce them with a fork.

KROMESKIES OF OYSTERS

25 oysters	1 cup of the white meat of chicken
3 chopped mushrooms	½ pound of bacon
1 tablespoonful of butter	½ cup of cream
Yolks of two eggs	2 tablespoonfuls of flour
1 tablespoonful of parsley	Salt and pepper to taste
12 drops of onion juice	

Put the oysters on to boil in their own liquor, drain, and save a half cupful of the liquor. Chop the oysters fine, add them to the half-cup of liquor and boil one minute; then add the cream, the mushrooms, and the chicken chopped fine. Rub the butter and flour together and stir in this boiling mixture; add the parsley, onion juice, salt and pepper, then the yolks of the eggs; mix well and turn out to cool. When cold, roll into cylinders about an inch and a half long and about three-quarters of an inch in diameter. Cut the bacon into slices as thin as shavings, roll each cylinder in a slice of bacon, dip in French fritter batter, and fry in *boiling* fat. Serve immediately, garnished with parsley.

PICKLED OYSTERS

Boil fifty oysters in their own liquor until they begin to curl; drain and save the liquor. Take a half pint of white-wine vinegar, and a half pint of the oyster liquor; put them on to boil with two blades of mace, one dozen whole cloves, same of whole allspice, the same of whole pepper-corns and a dash of cayenne; as soon as they come to a good, hard boil, have the oysters in a glass jar, pour over them the boiling liquor, cover them closely and stand away to cool. They will keep some time, and should be served cold. They will be ready for use the second day.

OYSTER FILLING FOR POULTRY

A sixteen-pound turkey will require :—

- 25 oysters
- 1 tablespoonful of chopped parsley
- 1 teaspoonful of sweet marjoram
- 1 quart of stale bread crumbs
- 1 tablespoonful of butter
- 1 teaspoonful of salt
- Pepper to taste

Drain the oysters, wash them in cold water and drain again. Mix the crumbs, salt, pepper, parsley and sweet marjoram together; add the butter, melted, and then the oysters, and it is ready for use.

MEATS

As stated in the remarks on soup, the principal constituents of animal food are fibrin, fat, gelatin, albumen, and osmazome. It also contains a large amount of water. Liebig assumes that 74 parts are water and 26 parts dry matter.

"The ratio of water in meats, fowl and fish is quite uniform, ranging from 70 to 80 per cent., but the proportion of other constituents, muscular fibre, fat and bone, exhibits the widest possible diversity. In some animals, more especially wild ones, as deer, there may be hardly a trace of oily matter, while swine are often fed until the animal becomes one morbid and unwieldy mass of fat. The pure muscle of ordinary meat, with all its visible fat removed, is assumed by Liebig to still contain about 8 per cent. of fat. In beef and mutton such as is met with in our markets, from a third to a fourth of the whole dead weight generally consists of fat." (Johnston.)

In cooking meats our object is to *retain* the nourishment and flavor, consequently we must follow directions exactly the opposite from those for making soup. The flavor and juiciness of meat depend as much upon the method of cooking as upon the quality of the meat. If cold water and a moderate heat will soften the fibre and draw out the juices, boiling water or a strong, dry heat will retain them,

by coagulating the albumen on the surface and to a certain depth within, thus enclosing the meat in a water-proof case or crust, which neither permits the juices to flow out nor the water to penetrate within; in this way *only* is meat juicy and well flavored.

The more albumen the flesh contains the more tender it is, consequently veal, lamb, and spring chickens are more tender than beef, mutton, and fowl. The coagulation of the albumen throughout the meat gives it the white, dry appearance. The tender meats also have less flavor, as they contain very little or no osmazome.

I emphatically say *do not wash meats*, as in this way they are robbed of a large proportion of their nutriment. The steaks or roasts freshly cut from the beef are certainly free from all objectionable matter; the outer edges which the butcher has handled may be well wiped with a damp cloth and they are ready for use.

Heat is generally applied to meat in four ways: boiling, baking, roasting, and braising. The first includes all stews and boiled meats; the second our ordinary baked beef, commonly called roasted in the oven; the third, roasting before or under the fire, and broiling. Roasting means exposing one side of the meat to the fire and the other to the air, which is decidedly the best way of cooking large joints. But in these days of small kitchens and ranges, so few persons have space or accommodations for using a spit or even a tin kitchen (although the latter may be used before any ordinary range) that almost every family "roasts" in the oven; and this is by no means an inferior way if the oven be very hot at first, in order to form a crust upon the outer side, then slightly cooled, to prevent the crust from burning, and finished at a moderate heat. In this way the meat may be *well* done, and if properly basted will

retain its juices. The fourth way is braising, which is neither boiling nor baking, but has the advantages of both. The meat is placed in a braising-pan (a pan with a close cover), surrounded by water, and baked in a hot oven. This is a very nice and economical way of cooking meat.

"Reed's Roaster" is the best and most convenient pan that has come under my notice, being a close box with a door at the end; thus enabling you to look at the meat without removing it from the oven, which is usually necessary with other pans.

Meat loses, while cooking, a certain amount of its weight. It is estimated that moderately fat beef and mutton will lose about as follows:—

	ROASTING	BAKING	BOILING
4 lbs. of beef will lose	1 lb. 5 oz.	1 lb. 3 oz.	1 lb.
4 " " mutton "	1 " 6 "	1 " 4 "	14 oz.

The foregoing table will show that boiling or stewing is the cheaper method of cooking meats, as the meat loses less of its weight, and you use the so-called inferior pieces. These pieces are rejected, as Mrs. Turner fitly says: "not because they are actually much inferior, but largely for the reason which induced the generation before ours to throw away shad-roe, sweet-breads, and other things now considered luxuries."

When we consider that a bullock weighing 800 pounds contains only 120 pounds of what are sought after in markets as the best pieces for roasts and steaks, and that only 8 to 12 pounds in the whole 800 are tenderloins, and when all dealers admit that the comparative cost of the traditional best pieces is out of all proportion to their comparative value as nutrition, we may well be tempted to tamper with our tradition and experiment a little with portions of the remaining 680 pounds; and from these 680 pounds are

made all our nicest dishes, such as ragouts, brown stews, pot-roasts, rolls, and in fact all the French made dishes.

In the recipes for stews and their companions, you will notice that we never stew in plain water and thicken afterwards, but make a gravy first, either from salt pork fat, dripping, suet, or butter (*never lard*), and in this way the meat is more savory and rich.

By changing the spices and flavorings, by browning, or not, the sauces, an endless number of dishes may be made from the few recipes given.

BEEF

The meat should be of fine grain, a clear red color, with a yellowish-white, firm fat. It is divided into fore and hind quarters. The hind quarter is divided into leg, loin and flank. The sirloin runs from the rib to the hip or pin bone; the rump extends from this to the socket bone. The skirt steak is in the flank. The fore quarter is divided into ribs, shoulder, plate, brisket, chuck ribs, and shin. The standing ribs are six in number. The seventh and eighth ribs are called the first chuck, the ninth and tenth the second chuck, the eleventh and twelfth the third chuck, the thirteenth the fourth chuck. The bolar piece is the fleshy part of the shoulder. The plate is the top of the ribs, then comes the brisket.

ROAST BEEF

The best pieces for roasting are the ribs, sirloin, and pin bone.

If you use a tin kitchen, run the spit through the meat, dredge it with pepper, and place it at first *very near* a hot fire. As soon as brown on the surface, draw a little

from the fire, that it may not burn; put a half pint of water and one teaspoonful of salt in the bottom of the kitchen, and turn the meat almost constantly, basting every ten minutes until done. Roast fifteen minutes to every pound, if you like your meat rare; if well done, twenty minutes. Do not add any more water after the first evaporates, as there will be sufficient fat falling into the kitchen to baste with. For the gravy, allow two tablespoonfuls of dripping to remain in the bottom of the kitchen; add to it one tablespoonful of flour; mix until smooth; add a half pint of boiling water or stock; stir continually until it boils; then add salt and pepper to taste, and serve in a sauce-boat.

BAKED BEEF OR ROASTED IN THE OVEN

Place the joint in the bottom of a baking-pan, dredge it lightly with pepper; add one teaspoonful of salt to one cupful of water, and pour it in the pan. Place it in a *very hot* oven; baste every ten minutes, lest it should burn. Turn it two or three times, and bake fifteen minutes to every pound. Serve with gravy made the same as for roast beef.

BAKED RIB OF BEEF WITH YORKSHIRE PUDDING

Remove the ribs, then roll the meat, and tie it with twine (the butcher will do this if you ask him). Place it in a baking-pan, dredge it lightly with pepper; add one teaspoonful of salt to one cupful of water, and pour it in the pan. Then place the pan in a very hot oven and baste often, lest it should burn. Bake fifteen minutes to every pound. One hour before the meat is done, make the pudding. Pour nearly all the dripping from under the meat into another baking-pan, and turn into it the pudding. Bake one hour.

THE PUDDING

3 eggs — 6 large tablespoonfuls of flour
1 pint of milk — ½ teaspoonful of salt
2 dashes of pepper

Beat the eggs, whites and yolks together, until light; add to them the milk. Put the flour into a bowl, moisten it gradually with the eggs and milk; beat until smooth; strain through a fine sieve; add the salt and pepper, and bake. Cut into squares, and serve around the meat.

A POT ROAST

Trim off the rough parts of a nice brisket of beef, place it in a kettle over a good fire; brown on one side, then turn and brown on the other; then add one pint of boiling water, cover and cook slowly fifteen minutes to every pound. Add salt when the meat is half done. After the water evaporates add no more, as there should be fat enough to finish cooking the meat. Serve with Brown Sauce No. 1, made from the fat in the pot.

FILLET OF BEEF WITH MUSHROOM SAUCE

The fillet is the tenderloin of beef. They weigh from three to eight pounds, and cost from sixty cents to one dollar per pound. Having no bone, this makes an economical as well as a very handsome dish.

From a caterer, a small fillet costs from seven to eight dollars; if prepared at home, about half that price.

To prepare, first remove with a sharp knife every shred of the muscular covering on the one side of the fillet. Now cut larding pork (very fat salt pork) into tiny strips, and throw them into a bowl of ice water to harden. Place one strip into the slot end of the larding needle as far as it will go, thrust the needle into the meat, taking a stitch

across the top about one inch deep, push the needle through, place the finger lightly on the strip of pork and draw the needle out, leaving the pork exposed about quarter of an inch at each end of the stitch. Continue until you have a row of these lardoons (the name given to these small strips) down the centre of the fillet about one inch apart. Into the bottom of a baking-pan put one small onion sliced, one small carrot sliced, a stalk of celery cut into small pieces, four cloves, and two bay leaves; put the fillet in the pan on top of these, dredge with pepper, and spread thickly with butter; add a teaspoonful of salt to a quarter of a cup of boiling water, and pour into the bottom of the pan. Bake in a quick oven (400° Fahr.) for thirty minutes, basting four or five times. The shape is such that it takes thirty minutes to bake a fillet, no matter what its weight. When done, take out and place on a hot dish. Add to the pan one tablespoonful of butter, and brown, then add two tablespoonfuls of flour; mix well; add one pint of stock or boiling water, stir continually until it boils, strain into a frying-pan, and add one pint of fresh stewed or canned mushrooms. Cook five minutes, take from the fire, add a teaspoonful of Worcestershire sauce, one tablespoonful of sherry, salt and pepper to taste; pour it around the fillet and serve.

BEEF à la MODE

Take from a round of beef a slice about four inches thick, weighing seven or eight pounds. Remove the bone. Bind the beef into good shape with a piece of new muslin or broad tape, sewing the ends together tightly. Cut deep gashes into the meat one inch apart, being careful not to cut all the way through. Mix a teaspoonful of salt, half a teaspoonful of black pepper, same of cinnamon, quarter of

a teaspoonful of mace, the same of cloves, and rub them into the meat on both sides, sprinkling a little in each gash. Cut fat salt pork into pieces the size of the gashes, put one piece in each gash. Add to one cup of stale grated bread a small onion and a tablespoonful of parsley chopped very fine, moisten with vinegar. Now work a small portion of this forcemeat into the slots, by the side of the pork. Mix three tablespoonfuls of vinegar with three of olive oil, and moisten well both sides of the meat; let stand over night if possible. Then put two large tablespoonfuls of butter into a braising or baking-pan; and when melted and hot, add one onion, one carrot and one turnip cut into slices; stir the whole until lightly browned, then add two tablespoonfuls of vinegar, two bay leaves, a sprig of parsley, and two quarts of boiling water or stock; let the whole boil two minutes, then put in the beef, and one knuckle of veal well cracked. If in a braising-pan put on the cover; if in a baking-pan, turn over it another pan to keep in the steam. Put in the oven and bake slowly for six hours; oven about 220° Fahr. When done, take out the meat and stand away to cool. Strain the liquor, add salt and pepper to taste, and turn into a square pan to harden. This will make a jelly of a bright amber color. Serve the meat cold with squares of this amber jelly around it. Garnish with small button radishes, cut into tulips, and parsley. Serve also in a separate dish sauce Tartare.

In winter this will keep at least two weeks, and equally as long in summer, if kept in a cold, dry refrigerator.

BROILED STEAK

Trim the steak free from all suet. Put the meat plate to warm. Grease the broiler and put it to heat. See that the fire is clear and free from gas. Now put the steak in the hot

broiler and place it over the fire; turn constantly. It will take eight minutes to broil if the steak is three-quarters of an inch thick. When done, place it on the hot plate, dredge it with salt and pepper; turn it and season the other side. Serve immediately.

Never attempt to broil a tough steak; if you should be so unfortunate as to buy one, use it for some made dish, as hacking or hammering bruises the meat, and allows all the juices to escape.

BROILED FILLET

Cut a fillet of beef into slices about an inch thick; moisten them with melted butter or olive oil, and let stand for half an hour; then place them on a broiler and broil over a quick fire five minutes, turning them two or three times. Place them on a hot plate, season with salt and pepper, pour tomato sauce around, and serve.

BEEFSTEAK SMOTHERED IN ONIONS

Cut one dozen onions into slices; fry a quarter-pound of salt pork or bacon until all the fat is tried out, then take out the crackling; into this hot fat put the onions; fry and stir for twenty minutes over a good fire; then add a teaspoonful of salt, a dash of black pepper, and one cup of boiling water; place over a more moderate fire to *simmer* for half an hour. By this time the water should have entirely evaporated, and the onions should be a nice brown. Have ready a broiled steak, place it in the pan with the onions, cover it over the top with some of them, and stand in the oven for five minutes; then place the steak on a hot dish, heap the onions over and around, and serve.

HAMBURG STEAKS

One pound of steak from the upper side of the round; chop it very fine, add to it a tablespoonful of onion juice, half a teaspoonful of salt, and two dashes of black pepper; mix well together. Moisten the hands in cold water, take two tablespoonfuls of this mixture and form with the hands into small round cakes or steaks. This quantity will make eight Hamburg steaks. Put two tablespoonfuls of butter into a frying-pan; when hot, put in the steaks, fry brown on one side, turn and brown the other. Now place them on a hot dish, add a tablespoonful of flour to the butter remaining in the pan, mix until smooth, add a half-pint of boiling water, stir constantly until it boils; add salt and pepper to taste, and pour it over the steaks.

Or they may be broiled same as a plain steak, seasoned with salt and pepper, and spread with butter.

TO PAN A BEEFSTEAK

When there are no conveniences for broiling (and we *never fry* a steak), heat an iron pan very hot, put in the steak, turn it from side to side over a very hot fire for about fifteen minutes. The steak should be about three-quarters of an inch in thickness. Serve on a hot plate, seasoned the same as broiled steak.

ROLLED BEEFSTEAK

1 skirt steak or
1½ pounds of round steak
1 cup of stale bread crumbs
1 tablespoonful of chopped parsley
1 tablespoonful of melted butter
1 teaspoonful of sweet marjoram
½ teaspoonful of salt
2 dashes of black pepper

Mix the bread crumbs, parsley, sweet marjoram, salt and

pepper together, and moisten with the melted butter. Spread this over the steak, which roll tightly, and tie with twine. Put it in a baking-pan with any pieces of suet that you may have trimmed off; add a half-cup of water, and bake in a quick oven for three-quarters of an hour. Serve with Brown Sauce, No. 2.

BEEF OLIVES

1½ pounds of round steak
1 cup of stale bread crumbs
1 tablespoonful of chopped parsley
1 tablespoonful of butter
½ teaspoonful of sweet marjoram
5 mushrooms, chopped fine
½ teaspoonful of salt
2 dashes of pepper

Have the steak cut very thin; trim off all the fat and skin from the edges, and cut the steak into strips about three inches wide and five inches long; mix the bread crumbs, parsley, sweet marjoram, mushrooms, salt and pepper; moisten with the butter melted. Put a layer of this forcemeat on the top of each strip, roll them up tightly, and tie with twine; dredge each roll thickly with flour. Cut a quarter pound of salt pork into slices, put it into a frying-pan and try out all the fat; then put in the olives (as these rolls are now called) and brown them on all sides; then put them into a saucepan, add to the fat remaining in the pan two tablespoonfuls of flour, mix until smooth; add one pint of stock or boiling water, and stir constantly until it boils, then pour into the saucepan over the olives; add a slice of onion, a sprig of parsley, and a bay leaf. Cover and *simmer* gently two hours. After they have been simmering one hour, add half a teaspoonful of salt. When done, place the olives on a hot dish, strain the sauce over and around them, and serve.

This is a very good and economical dish, and may be made without the mushrooms.

BŒUF en ROULEAU

1 large rump steak
½ cup of cold cooked ham or tongue
1 egg
A little cayenne
1 tablespoonful of chopped parsley

Chop the ham or tongue very fine; mix with the cayenne, parsley, and egg slightly beaten. Have the steak cut very thin, and spread over it the ham mixture; roll up tightly and tie with twine. Dredge thickly with flour. Put a quarter-pound of bacon into a frying-pan, and try out all the fat; remove the bacon, and brown the roll in the fat. Now put the roll into a small saucepan. Add to the fat remaining in the frying-pan two tablespoonfuls of flour, mix, add one pint of stock or boiling water, and stir continually until it boils. Pour this over the rouleau, add one bay leaf, half an onion, a sprig of parsley, and a tablespoonful of Worcestershire sauce. Cover the saucepan, and *simmer* for two hours. While this is stewing, prepare some ham balls for a garnish.

HAM BALLS

½ cup of cooked ham or tongue
1 gill of milk
2 tablespoonfuls of dried bread crumbs
Yolk of one egg
1 tablespoonful of chopped parsley
A dash of cayenne

Put the milk on to boil, add to it the crumbs; stir over the fire until it thickens; add the ham finely chopped, parsley, cayenne, and the beaten yolk; mix well, and turn out to cool. When cool, form into balls about the size of a hickory-nut; roll first in egg and then in bread crumbs, and put aside until wanted. When the rouleau is done, cut the string and remove it. Put the rouleau in the centre

of a hot dish, strain the sauce over it. Plunge the balls into *boiling* fat for about two minutes to brown, place them around the rouleau, and serve.

This makes a good and sightly dish, and is very inexpensive.

GRENADINES OF BEEF

Have a rump steak cut one inch thick, weighing about two pounds. With a sharp knife cut the tender portion into pieces the shape of a French chop. Lard thickly on one side. (See directions for larding.) Put two or three slices of fat pork into a frying-pan (the tender part of the larding pork will answer nicely for this), and try out all the fat, then put in the chops, brown quickly on one side, turn and brown the other. Place them on a heated dish, sprinkle with salt and pepper. Add a tablespoonful of flour to the fat remaining in the pan, stir until a nice brown, then add a half-pint of stock or water; stir constantly until it boils; add a half-teaspoonful of salt, a teaspoonful of Worcestershire sauce, and pour around the grenadines, and serve.

The tougher part of the steak may be made into Hamburg steaks for another meal.

CANNELON

1 pound of uncooked beef, chopped fine
Yolk of one egg
1 tablespoonful of chopped parsley
1 tablespoonful of butter
2 tablespoonfuls of bread crumbs
1 teaspoonful of lemon juice
1 teaspoonful of salt
3 dashes of black pepper

Mix all the ingredients together, then form into a roll about six inches long and four inches in diameter; wrap

in greased paper, put in a baking-pan, and bake in a quick oven thirty minutes, basting twice with melted butter. When done, remove the paper, place the roll in the centre of a hot dish, and serve with mushroom or brown sauce poured over it.

BOILING OR STEWING

For boiling, stewing, or braising, inferior pieces of meat may be used and made into good, wholesome and sightly dishes. Points to be remembered:—

I. Be sure that the water is boiling when you pour it over the meat.

II. Stand it on the back part of the fire, where it will just *simmer*, never boil, allowing forty-five minutes for every pound of meat.

III. Add the salt when the meat is half done.

RAGOUT OF BEEF à la MODE

Cut cold beef *à la mode* into pieces about one inch square. To every pint of these squares allow

1 tablespoonful of butter
1 tablespoonful of flour
1 tablespoonful of Worcestershire sauce
1 tablespoonful of mushroom catsup
½ pint of stock
1 tablespoonful of sherry (if you use wine)
Salt and pepper to taste

Put the butter in a small stewpan, and stir until a dark brown; then add the flour, mix well, add the stock, and stir continually until it boils; then add the meat, sauce, catsup, salt and pepper, and let it *simmer* gently for fifteen minutes. Take from the fire, add the wine; dish, garnish with boulettes of potatoes, and serve.

STUFFED STEW OF BEEF

3 pounds from upper side of round
¼ teaspoonful of black pepper
¼ teaspoonful of nutmeg
1 tablespoonful of chopped parsley
½ teaspoonful of allspice
1 teaspoonful of salt
¼ teaspoonful of cloves
1 cup of bread crumbs
1 tablespoonful of butter
¼ pound of larding pork

Make gashes in the meat about two inches long, and almost through it. Mix the spices, salt and pepper. Mix the bread crumbs, parsley and the butter (melted) together. Rub the meat on both sides with the spices, and put the remainder in the gashes. Fill the gashes nearly full with the bread crumbs. Cut the larding-pork into pieces the size of the gashes, and work them down with the crumbs. Now tie the meat around with a piece of twine to hold in the filling. Put it in a saucepan, and cover with a gravy made as follows:—

GRAVY

1 tablespoonful of butter
1 tablespoonful of flour
1 tablespoonful of mushroom catsup
1 tablespoonful of tomato catsup
1 tablespoonful of Worcestershire sauce
1 onion
1 bay leaf
1 quart of stock

Put the butter in a frying-pan and let it brown; add the flour, and mix well; then add the stock, stir until it boils; then add the catsups, the Worcestershire sauce, onion, bay leaf, and pour it over the meat; *simmer* gently three hours. Then take the meat out, put it in a baking-pan, pour over two tablespoonfuls of glaze or gravy, and put it in the oven for ten or fifteen minutes to brown. Then dish, and strain the gravy over and around it.

SPICED BEEF

4 pounds of beef from the round or shoulder
½ teaspoonful of salt
A dash of cayenne
2 bay leaves
½ teaspoonful of cloves
1 teaspoonful of allspice
¼ teaspoonful of mace
Juice of one lemon
1 onion
4 tablespoonfuls of olive oil or butter

Mix the spices, salt and pepper together, and rub them well into the meat on all sides. Mix the lemon-juice and oil or butter together, and (if you use it) a gill of sherry. Pour this over the meat and stand it away in an earthen vessel for twenty-four hours. Then put it, with all its juices, into a stewing-pan, cover with boiling water, add the onion and bay leaves, and *simmer* two hours. When done, take out the meat, and reduce the liquor by boiling to one pint. Put a tablespoonful of butter in a frying-pan and brown. Add to it a tablespoonful of flour, mix, add a half-pint of the liquor in which the meat was boiled, stir constantly until it boils, add a tablespoonful of Worcestershire sauce; then pour it over and around the beef, and serve.

BEEF BOUILLI

Take a piece of the round, weighing four pounds. Tie it into a neat shape with strong muslin or tape, put it into a large stewing-pan, cover with boiling water; stand over a moderate fire, skim carefully, and *simmer* forty-five minutes to every pound. When the meat is half done, add a large teaspoonful of salt and one carrot, one onion, and one turnip, sliced. Fifteen minutes before you dish it, add two sliced potatoes. When done, dish the meat. Rub together one tablespoonful of butter or suet and three tablespoonfuls of flour, stir them into the boiling stew; season to taste, and serve in a tureen, reserving enough vegetables to garnish the meat.

STEW OF BEEF WITH DUMPLINGS

Two pounds of lean beef from the under side of the round, or a shoulder piece. Cut it into pieces about an inch square; dredge thickly with flour. Put two tablespoonfuls of dripping or butter into a frying-pan, place it on a good fire; as soon as it is very hot, throw in the meat and shake or stir until all is nicely browned. Now skim it out and put it in a saucepan. Add one tablespoonful of flour to the dripping or butter remaining in the frying-pan, mix, then add one quart of boiling water; stir over the fire until it boils, then strain it over the meat; add one small onion and a sprig of parsley. Cover the saucepan and let it *simmer* for two hours. When the meat is half done, add a teaspoonful of salt and three dashes of black pepper. Now sift one pint of flour, add to it a heaping teaspoonful of baking powder, and sift again; add a quarter of a teaspoonful of salt and just enough milk (a little over a gill) to make a soft dough. Do not work it much. Dip the dough by small spoonfuls, and place them over the top of the meat, cover quickly and let *simmer* ten minutes. Do not uncover the saucepan while the dumplings are cooking, or they will fall immediately. After you add the dumplings, the stew will scorch easily; therefore move the kettle to a moderate part of the fire. Serve as soon as the dumplings are done.

A STEW OF BEEF WITH OKRA

Proceed exactly the same as for beef bouilli, adding two dozen okras, sliced, one hour before the stew is done.

PRESSED MEAT No. 1

1 quart of pieces of cold cooked meat
½ teaspoonful of cloves
¼ teaspoonful of black pepper
1 teaspoonful of cinnamon
1 teaspoonful of allspice
¼ teaspoonful of mace
Salt to taste
1 cup of boiling stock

Mix all the ingredients together, then press into a square mould and stand in a cold place to cool. When cold, turn it from the mould, cut it into slices, and serve. For this you can use any meat left from soups.

PRESSED MEAT No. 2

6 pounds of the brisket of beef
¼ teaspoonful of ground cloves
¼ teaspoonful of ground mace
½ teaspoonful of ground cinnamon
½ teaspoonful of ground allspice
¼ teaspoonful of black pepper
1 teaspoonful of salt
Dash of cayenne
3 tablespoonfuls of vinegar

Cover the meat with cold water and *simmer* for five hours. When done, take out and stand away to cool. Boil the liquor until reduced to a pint. When the meat is cold, remove the bones, and cut it into small pieces; add to it all the spices, salt and pepper, and press into a square basin or mould. Now add the vinegar to the pint of boiling liquor, pour it over the meat and stand in a cold place for twelve hours. Then loosen it from the sides of the mould and turn it carefully out, and it is ready to serve.

HASHES AND WARMED-OVER MEATS

BAKED HASH No. 1

1 pint of chopped cooked meat
1 pint of chopped raw potatoes
½ pint of gravy or water
1 tablespoonful of butter, melted
Salt and pepper to taste

Mix all the ingredients together, turn into a mould, and bake in a moderate oven one hour.

BAKED HASH No. 2

1 quart of cold cooked beef, chopped fine
2 eggs
1 pint of chopped uncooked potatoes
Salt and pepper

Put the chopped potatoes in a stewing-pan with one pint of water. Let them stew five minutes, then add the meat, and enough water to make the mixture moist. Stew ten minutes longer. Take from the fire, add the eggs (beaten), a teaspoonful of salt, and three dashes of black pepper. Turn it into a baking-dish and bake twenty minutes in a quick oven.

CORNED BEEF HASH

1 pint of cooked corned beef, chopped fine
1 pint of cold boiled potatoes, chopped fine
1 tablespoonful of butter
1 teaspoonful of onion juice
1 cup of stock or water
3 dashes of pepper

Mix the meat and potatoes together, put them in a frying-pan, add the stock, butter, onion juice, and pepper; stir constantly until it boils. Serve on buttered toast.

PLAIN HASH

Take any pieces left from cold roasts, steaks, or stews, chop very fine. To every quart of this meat allow

1 onion
1 tablespoonful of butter
2 hard-boiled eggs
½ pint of hot water
Salt and pepper to taste.

Chop the onion and hard-boiled eggs very fine, then put them with the meat into a stewing-pan; add the butter, salt, and pepper. Stew and stir over a very slow fire for fifteen minutes.

HASH ON TOAST

Cut pieces of cold meat into small squares; to every pint of these squares allow one tablespoonful of butter, one tablespoonful of flour, and a half-pint of boiling water.

Put the butter into a frying-pan, and, when a nice brown, add the flour; mix well; add the water, and stir until it boils; now add the meat; salt and pepper to taste. Place on a moderate fire, and let *simmer* for fifteen minutes. Toast squares of bread, butter them, and place on a hot dish. Put the meat on the toast, and pour the sauce around it.

BOSTON BROWN HASH

Chop any remains of steaks, roasts or stews very fine. Grease deep pie-dishes. Put a layer of mashed potatoes (cold ones, left over, will answer) in the bottom of the dish, then a layer of meat, then a layer of stale bread crumbs; sprinkle with salt and pepper; place here and there a few bits of butter, and moisten with a half-cup of beef gravy, then another layer of potatoes. Dip a knife into milk and smooth over the top. Bake in a moderate oven about a half hour, until a nice brown. Serve hot.

BOBOTEE

1 pint of cold cooked meat, chopped fine
½ small onion
2 tablespoonfuls of butter
1 cup of milk
2 ounces of bread
8 sweet almonds
3 eggs
1 teaspoonful of curry powder

Put the butter in a frying-pan, slice into it the onion, and fry until a nice brown; add the bread and milk; take from the fire and let stand ten minutes. Blanch and chop the almonds very fine; add these, the meat, the curry, and the eggs, well beaten, to the ingredients in the frying-pan; mix all well together. Rub a deep pie-dish with butter and the juice of a lemon; put the mixture into this, and bake in a moderate oven about twenty minutes. Serve with boiled rice in a separate dish.

CECILS

2 cups of cold cooked meat, chopped fine
Yolks of two eggs
1 tablespoonful of butter
2 tablespoonfuls of bread crumbs
¼ of a nutmeg, grated
1 teaspoonful of onion juice
1 teaspoonful of salt
2 dashes of black pepper

Put all the ingredients into a frying-pan, and stir over the fire until thoroughly hot. Take from the fire and turn out to cool. When cold, form into balls about the size of a walnut, dip first in beaten egg, then in bread crumbs, and fry in *boiling* oil or fat. Serve with Béchamel sauce.

TOAD IN A HOLE

1 pint of cold cooked meat — 1 pint of milk
1 egg — ½ teaspoonful of salt
6 large tablespoonfuls of flour

Cut the meat into pieces one inch square, put them in a greased baking-dish. Beat the egg very light, add it to the milk, and pour it gradually into the flour, beating all the while. Strain through a fine sieve; add salt and pepper, and pour it over the meat. Bake in a moderate oven one hour. When done, serve it quickly in the dish in which it was baked.

BEEFSTEAK PIE

1 quart of cold cooked meat, cut into dice
2 slices of bacon, cut into small pieces
6 medium-sized potatoes, cut into dice
Salt and pepper
1 tablespoonful of butter

Line a baking-dish with plain paste. Cover the potatoes with boiling water and parboil them ten minutes; then drain. Put a layer of the meat in the bottom of the

baking-dish, then a layer of the potatoes, then a few pieces of the bacon, and a few pieces of the paste, about an inch square; sprinkle with salt and pepper; then put in another layer of meat, and so on until all is used. Cut the butter into bits, and put it over the last layer. Cover with plain paste, making a small hole in the centre, and bake in a quick oven three-quarters of an hour.

Make a cream or brown sauce, and when the pie is done, place a funnel in the hole in the upper crust and pour the sauce into the pie through it. Serve in the dish in which it was baked.

BEEF CROQUETTES

Make same as chicken croquettes, leaving out the sweetbreads, and using one pint of cold cooked beef instead of chicken.

MEAT RISSOLES

Make a plain hash (see recipe) and stand it out to cool. Roll out any pieces of plain or puff paste left from pies or patties; cut into cakes with a cutter five inches in diameter; place one tablespoonful of the hash a little on one side of the centre; fold over the other side of the paste, like a turnover; press the edges tightly together, and so on until you have them all made. The recipe given will make two dozen. Place them in a baking-pan and bake in a quick oven fifteen minutes. Serve on a heated napkin, with Béchamel sauce in a boat.

TO PICKLE BEEF

The beef must be fresh killed. Wipe every piece with a dry towel until free from moisture. If the pieces are very large, gash them with a knife, here and there, to allow the brine to penetrate. To fifty pounds of meat allow one

and a half ounces of saltpetre, one and a half pounds of brown sugar, about nine or ten gallons of water, and sufficient Liverpool salt to make a brine. Mix the sugar, saltpetre and water together; add the salt until the brine will float an egg or a potato. Have ready the meat in a tub or barrel, pour the brine upon it, skimming off whatever may float. Cover well with a thick cloth, and watch it carefully for one week, skimming every day. The brine *must* cover the meat. If the quantity of water given is not sufficient, make more brine from salt and water, and add to it. In about two months, drain this brine off, throw it away, and cover with a new brine made the same as before. In this way your meat will keep the entire year perfectly sweet. It will be ready to use after it has been in pickle two weeks. The skimming is an important point, also the Liverpool salt. Tongues may be put in the same tub, one or two at a time, to remain four weeks before smoking. They require about one week's smoking. When done, wrap each tongue and sew tightly in coarse muslin; then hang in a dark, cool place.

TO CORN BEEF FOR DRYING (Grandmother's Recipe)

Cut a round of beef into four pieces. Rub each piece lightly with salt on all sides, and let it stand one day before corning. Make a brine from one tub of water, a half-pound of sugar, a teaspoonful of powdered saltpetre, and salt until the brine will float an egg. Put the meat into this brine, and allow it to remain two weeks. Cover it carefully and look at it frequently. See that the brine covers the meat; if not, make a little more from salt and water and add to it. At the end of the two weeks, take out the meat and hang it in a cool place, to dry. It may be smoked, but many think this destroys the flavor.

The latter part of October, March or April are the best times for corning beef. If the weather is too warm, the meat will spoil before it dries; if too cold, it will not take the salt well.

This recipe will answer also for mutton hams.

TO CORN BEEF FOR BOILING

Wipe the meat carefully and rub hot salt into it until all disappears; then add more salt and rub again, and so on until the meat will imbibe no more. Place it in a jar or crock, stand in a cold, dry cellar for one week, turning it every day, and it will be ready for use.

This recipe is for small quantities of meat, to use as soon as corned.

TO BOIL CORNED BEEF

Wash it well, and put it on to boil in cold water. Bring slowly to a simmer, and *simmer* thirty minutes to every pound.

If the meat is to be served cold, allow it to cool in the liquor in which it was boiled.

If for a hot dinner, you may boil with it cabbage, turnips and potatoes, allowing an hour and a half for the cabbage, one hour for turnips, and twenty minutes for the potatoes to cook.

PRESSED CORNED BEEF

Take six pounds of the brisket of beef, remove the bones and tie it tightly in a cloth. Put it in a kettle and cover with cold water. *Simmer* gently for five hours. When done, take it out, place it between two tin sheets or large plates, put a heavy weight upon it over night. Remove the cloth, and it is ready for use.

FRIZZLED BEEF

Chip dried beef very thin. To every half-pound allow a large tablespoonful of butter, a half-pint of milk, and one tablespoonful of flour. Melt the butter in a frying-pan, then add the meat, and stir over the fire for about two minutes, or until the butter begins to brown; dredge in the flour, stir again, then add the milk and a little pepper, stir again until it boils, and serve immediately.

FRICASSEE OF DRIED BEEF

Cook the same as frizzled beef, but use two even tablespoonfuls of flour instead of one. Add the beaten yolks of two eggs just as you take it from the fire.

Corned beef's liver may be cooked in the same way.

DRIED BEEF RELISH

This is a way to use up the hard, small ends of dried beef, that you cannot cut.

Grate the meat, and, to every cupful, allow four table spoonfuls of cream, four eggs, well beaten, and a little pepper. Put the meat and cream into a stewing-pan; when hot, add the eggs; stir until the mixture becomes thick. Serve immediately on squares of buttered toast.

STEWED BEEF'S HEART

Soak the heart three hours in cold water, remove the muscles from the inside, and take out every atom of blood. Make a forcemeat as follows: One cup of bread crumbs, one tablespoonful of chopped parsley, one tablespoonful of melted butter, half a teaspoonful of marjoram, half a teaspoonful of salt, and two dashes of black pepper; mix, and stuff the heart. Tie it together with twine, and wrap tightly in a cloth, sewing the ends together so that the stuffing cannot possibly get out. Put it into a small stewpan with the

point of the heart down, nearly cover with boiling water, and *simmer* until tender—about three hours. When done, there should be about a pint of water in the stewpan. Remove the cloth and dish the heart. Put one tablespoonful of butter in the frying-pan, and when brown add two tablespoonfuls of flour; mix well, and add the water in which the heart was boiled; stir constantly until it boils; add salt and pepper to taste. Take from the fire, and, if you use it, add four tablespoonfuls of sherry; pour it over the heart, and serve very hot, as it chills quickly. Currant jelly should always be served with beef's heart.

BAKED BEEF'S HEART

Prepare the same as for stewed heart, remove the cloth, place the heart in a baking-pan, baste with melted butter, and brown in a quick oven. When done, place it on a heated dish. Put one tablespoonful of butter in the baking-pan, and, when brown, add two tablespoonfuls of flour, and a pint of the water in which the heart was stewed; stir constantly until it boils, add salt and pepper to taste, and four tablespoonfuls of sherry. Pour it over the heart, and serve very hot.

SPICED BEEF'S HEART

Soak the heart three hours in cold water, remove the muscles from the inside and take out every atom of blood. Mix together one teaspoonful of allspice, a half-teaspoonful of cloves, a half-teaspoonful of cinnamon, a quarter-teaspoonful of mace or nutmeg, three tablespoonfuls of vinegar, and two dashes of black pepper. Put this mixture into the heart, rub a little on the outside, and stand in a cold place over night. In the morning, finish the same as a baked heart. Have all the spices *finely ground.*

HEART WITH VEAL STUFFING

Soak and clean as in the preceding recipes. Make a filling as follows: One pound of uncooked veal, chopped fine, a quarter-pound of salt pork, chopped fine, or a quarter-pound of sausage-meat, two heaping tablespoonfuls of dried bread crumbs, a tablespoonful of onion juice, one teaspoonful of salt, a quarter-teaspoonful of black pepper, if you like, a dozen mushrooms, chopped fine, and one egg slightly beaten. Mix all these ingredients well together, and stuff the heart. Wrap tightly in a cloth and sew it. Stand it in a small saucepan, with the point down, cover with boiling water, and *simmer* slowly three hours; then take it out and remove the cloth. Bake in a quick oven one hour, basting every ten minutes with a little melted butter. Serve with a brown sauce, the same as baked heart.

This is also a nice cold dish, cut in thin slices, using no sauce.

STEWED KIDNEYS

Be sure that the kidneys are perfectly fresh. Split them in halves; trim off with a sharp-pointed knife, as carefully as possible, the sinews and fat that are inside. Now cut the kidneys into small pieces, put in a stewing-pan, cover with cold water, stand on a moderate fire, and bring almost to boiling point. Drain this water off, cover with fresh cold water, and heat again. Do this three times, each time being careful that it does not boil, or the kidney will be hard and tough. Put one tablespoonful of butter in a frying-pan, and stir until a nice brown; then add one tablespoonful of flour and a half-pint of stock or boiling water. Stir constantly with a wooden spoon until it boils. Now add one tablespoonful of Worcestershire sauce, one tablespoonful of mushroom catsup, salt and pepper, and

the kidney. Stir again until the kidney is thoroughly heated; take from the fire, add four tablespoonfuls of sherry, and serve immediately.

KIDNEY SAUTÉ

Split the kidney in halves lengthwise, and trim off, as carefully as possible, every sinew and all the fat from the inside. Cut it into small pieces. Put two tablespoonfuls of butter into a frying-pan; when melted, add one small onion cut into slices, and the kidney; stir with a wooden spoon, over a brisk fire, for about three minutes; then add one tablespoonful of flour; stir again, then add one gill of stock or water, one gill of sherry; salt and pepper to taste. Stir again about one minute, and serve immediately.

KIDNEY Terrapin Style

Prepare and cleanse the kidney the same as for stewing. Put one tablespoonful of butter in a frying-pan; when melted, add to it one tablespoonful of flour, mix, add a half-pint of milk, stir constantly until it boils; add the kidney, salt and pepper to taste. Stir with a wooden spoon until the kidney is thoroughly heated. Take from the fire, add the yolk of one egg, two tablespoonfuls of sherry, and a tablespoonful of chopped parsley. Serve immediately. Calf's liver may be dressed in the same way.

TO CORN A BEEF'S LIVER

Make a brine from two gallons of water, three-quarters of a pound of brown sugar, a half-ounce of saltpetre, and salt until the brine will float an egg. Pour it into a stone or earthen vessel. Wash and wipe a perfectly healthy beef's liver, put it into this brine, and allow it to remain for one week; then take it out and hang it to dry in a cool place. When dry, chip and frizzle the same as dried beef.

This is the nicest way of using beef's liver.

FRIED BEEF'S LIVER

Cut the liver into slices about a quarter of an inch in thickness, pour boiling water over them; let stand five minutes, then wipe them, sprinkle with salt, pepper, and flour. Put three or four slices of fat bacon in a frying-pan and try out all the fat; then put in the liver; fry on one side, then turn and fry on the other. Do not cook it long (about two minutes) or it will be hard, dry, and indigestible. When done, spread lightly with butter, and serve.

It is also very nice served with maître d'hôtel butter.

TRIPE

Tripe is the large stomach of the ruminating animals, and is chiefly composed of fibrin, albumen, and water. It is nutritious and easily digested.

To prepare.—Scald the stomach with *boiling* water sufficiently to loosen the inside coating. If properly scalded, it will easily scrape off. Wash it well through several boiling waters, then put it into cold water and soak over night. Scrape again until white and clean. Place it in a stewpan, cover with cold water; add one onion, a sprig of parsley, twelve whole cloves, and twelve pepper-corns. *Simmer* gently for six hours, and it is ready to use in any way. It is usually sold in cities cleaned, but not boiled.

STEWED TRIPE

Cut two pounds of boiled tripe (half honeycomb and half plain) into pieces about one and a half inches long and a half-inch wide. Cut two ounces of ham into dice, and put it in a stewpan, add a slice of onion, a sprig of parsley, and one bay leaf. Stir over the fire until brown, then add one tablespoonful of flour, mix, add one pint of milk. Stir constantly until it boils, then add the tripe, salt, and

pepper, and let it stand over a *very moderate* fire for five minutes. Remove the onion, parsley, and bay leaf, and it is ready to serve.

FRIED TRIPE

It is better to give tripe its long boiling the day before you want it. Cut the tripe into pieces about the size of an oyster, sprinkle with salt and pepper, let stand ten minutes. Dip first in beaten egg and then in bread crumbs, and fry in *boiling* fat. Serve with sauce Tartare.

It may also be dipped in French fritter batter and fried. Serve without sauce.

BROILED TRIPE

Cut boiled tripe into pieces about two inches square, season with salt and cayenne, baste lightly with melted butter, and broil until brown on one side, then turn and brown the other. Serve on a hot dish, with onion sauce in a boat.

TRIPE WITH MUSHROOMS

Cut two pounds of boiled tripe into pieces about one inch square. Cut a quarter-pound of salt bacon into slices, and try out all the fat; take out the bacon and throw it away. Season the tripe with salt and pepper, and cover it with flour, then brown it on both sides in the hot bacon-fat. Take it carefully out of the fat and put it on a hot dish; add one tablespoonful of flour to the fat remaining, mix, add a half-pint of stock or water, and a dozen mushrooms, chopped fine; stir until it boils. Then add one tablespoonful of vinegar; salt and pepper to taste. Pour it over the tripe, and serve very hot. Sherry may be used instead of vinegar, if liked.

TRIPE AND OYSTERS

50 oysters
1 pint of cream
1 tablespoonful of flour
1 pound of boiled tripe
1 tablespoonful of butter
Salt and pepper to taste

Boil the oysters in their own liquor one minute; drain. Put the cream and a half-pint of the liquor on to boil. Rub the butter and flour together and stir into the boiling cream; stir constantly until it boils, add the tripe cut into pieces about one inch square; let come to a boil, add salt and pepper, and then the oysters, bring to a boil again and serve very hot.

SOUSED TRIPE

2 pounds of boiled tripe (honeycomb)
18 whole cloves
12 pepper-corns
1 pint of vinegar
1 blade of mace
18 whole allspice
½ teaspoonful of salt
1 small onion

Cut the tripe into pieces about two inches long and one inch wide. Put all the other ingredients into a porcelain kettle to boil. Put the tripe in a glass or stone jar, pour the boiling vinegar over it, and stand away for forty-eight hours. It will keep two or three weeks.

TONGUE

TO BOIL SMOKED BEEF'S TONGUE

Wash the tongue well, and soak it in cold water over night. In the morning put it into a kettle *full* of cold water, stand it over a very slow fire, and *simmer* gently for four hours, or until you can pierce it with a fork, and it will be perfectly tender. If the water boils away, add more boiling water. When done, stand away to cool in the liquor in which it was boiled; when cold, remove the skin, beginning at the tip, and stripping it back, and it is ready to use.

If you wish to serve it as a hot meat dish for dinner, take it out when done; skin, place on a heated platter, cover the root end with sprigs of parsley, and garnish the dish with black-currant jelly. Another very pretty way to serve cold boiled tongue, is to cut it in thin slices, arrange the slices around a large meat plate, each one overlapping the other, with sauce Tartare in the centre of the dish. Make six button radishes into tulips (as directed), stand them at equal distances around the dish. Nasturtium flowers may be placed between, with little bunches of water-cress.

BRAISED TONGUE

1 fresh beef's tongue
2 tablespoonfuls of flour
1 carrot
1 onion
Sprig of parsley
1 potato
2 bay leaves
1 tablespoonful of Worcestershire sauce
Salt and pepper to taste
2 tablespoonfuls of butter
1 quart of stock or the water in which the tongue was boiled
1 turnip
Stalk of celery or one-half teaspoonful of celery seed
1 tablespoonful of mushroom catsup

Wash the tongue, put it into a kettle and cover with boiling water; *simmer* slowly for two hours. Then take out the tongue, skin it, trim off the rough pieces at the roots, and remove the bones. Now tie the tip of the tongue around to the side of the thicker part; fasten it. Now put the butter in a frying-pan and brown it, then add the flour; mix well; then add the stock and onion, carrot, turnip, and potato, sliced, parsley, bay leaves, Worcestershire sauce, and catsup; stir until it boils. Put the tongue in a baking or braising-pan, pour this sauce around it; if in a baking-pan, cover, put it in the oven, and bake two hours, basting every fifteen minutes. When done, dish the tongue, re-

move the strings. Boil the sauce until reduced to one pint, pour it over and around the tongue, and serve. This may be garnished with mushrooms, or vegetables cut into fancy shapes.

TURKISH TONGUE

(Sophia Wells Royce Williams)

1 fresh beef's tongue
½ dozen cloves
½ pound of raisins
1 carrot, cut into fancy shapes
3 button onions
6 pepper-corns
½ pound of dates
A heaping teaspoonful of salt

Wash the tongue, put it in a kettle, cover with boiling water and *simmer* two hours. Then take it out, skin it and tie into shape, the same as for braised tongue. Pour the water out of the soup-kettle (this may be saved for soup), return the tongue to the kettle, and add all the other ingredients; cover with two quarts of fresh boiling water, and *simmer* gently two hours longer. Serve with some of the raisins and carrots around the dish.

LARDED AND SPICED TONGUE

1 fresh beef's tongue
¼ pound of larding pork
½ teaspoonful of cloves
½ teaspoonful of allspice
½ teaspoonful of salt
2 bay leaves
¼ teaspoonful of black pepper
2 tablespoonfuls of butter
2 tablespoonfuls of flour
1 onion
1 carrot

Wash the tongue, put it into boiling water, and *simmer* gently two hours. Take it out, remove the skin and trim off the roots. Put the butter in a large stewpan, and when brown add the flour, then add one quart of the liquor in which the tongue was boiled (save the remainder for stock); stir constantly until it boils, then add the spices, the onion chopped fine, and the carrot cut into fancy shapes. Lard the tongue on the upper side the same as a fillet, put it into

the stewpan, and *simmer* gently for two hours, adding a quarter teaspoonful of coriander seed one hour before it is done. Serve with the under side of the tongue down, and the sauce poured over and around it. The coriander seed may be omitted.

FILLETS OF TONGUE

Cut any pieces of cold tongue that may be left from either of the preceding dishes in slices about a half-inch thick. Fry them in butter, and serve with mushroom sauce.

TONGUE ON TOAST

1 cup of cold boiled tongue or ham
Yolks of two eggs
¼ teaspoonful of mustard
Dash of cayenne

Chop the tongue or ham *very* fine. Beat the yolks until light, add them to tongue or ham, add the seasoning, stir the whole over the fire until the eggs are cooked. Serve immediately on squares of buttered toast.

MUTTON

Mutton is usually divided into fore and hind quarters. The hind quarter is sub-divided into leg and loin, the fore quarter into shoulder, breast and neck. A saddle of mutton is two loins. Mutton is very much better if hung at least one week in cold weather, but three weeks will not hurt it. The flesh of good Southdown mutton should be a bright red color, the fat firm and white; and the fatter the mutton the better and more tender the lean parts. The leg, shoulder, and loin make nice roasting pieces. The breast and neck are used for soups and stews. The loins are also cut into loin and French chops.

BAKED LEG OF MUTTON

Procure a nice well-hung leg of Southdown mutton weighing not less than ten pounds. Wipe it with a damp towel, place in a baking-pan, dredge with pepper, add one teaspoonful of salt to one cup of boiling water, and pour it into a pan. Now place the pan in a very hot oven, and baste every ten minutes, adding no more water after the first evaporates, as there will be sufficient fat for basting. Bake fifteen minutes to every pound. Decorate the bone with a quilling of white paper, and serve with brown sauce, the same as roast beef. To roast in the tin kitchen, proceed in the same manner as for roast beef.

MUTTON Venison Style

Take a hind quarter of a good four-year-old Southdown mutton. Wash it well, inside and out, with cider vinegar; do not wipe it, but hang in a cold, dry place,—not in the cellar if you can possibly find another place, as the moisture of a cellar is very apt to spoil the meat. Sponge in this way every other day for one week. Then mix a quarter ounce each of white pepper and allspice together, and rub well into the meat. Do this two days in succession, and let it hang another week. When ready to use, sponge off the spices with vinegar, and wipe dry. Roast the same as a leg of mutton, adding to the sauce, just before you pour it into the boat, one tablespoonful of mushroom catsup, one tablespoonful of Worcestershire sauce, and if you use wine, four tablespoonfuls of sherry. Serve with red or black currant jelly in a separate dish.

BOILED LEG OF MUTTON

Wipe the leg with a damp towel. Dust a cloth thickly with flour, and wrap the leg up in it. Put it into a kettle, cover with boiling water, and *simmer* gently fifteen minutes

to every pound; add a teaspoonful of salt when the leg is half done. When done, remove the towel carefully, garnish with parsley, trim the bone with quilled paper, and serve with caper sauce either in a sauce-boat or poured over the mutton. Save the liquor in which it was boiled for stock.

BRAISED LEG OF MUTTON

Wipe the leg with a damp towel. Slice one carrot, one onion, one turnip, in the bottom of a baking or braising pan, add also two bay leaves, one stalk of celery, four cloves, and a sprig of parsley. Place the leg on top these vegetables, add one quart of water or stock and one teaspoonful of salt. Put on the lid, if a braising-pan; if a baking-pan, cover with another pan. Put into a quick oven, and braise fifteen minutes to every pound. When done, take out on a heated dish. Put one large tablespoonful of butter in a frying-pan and stir over the fire until a nice brown; then add two tablespoonful of flour, mix, and add one pint of the liquor from braising-pan; stir constantly until it boils; add one tablespoonful of Worcestershire sauce, one tablespoonful of mushroom catsup, salt and pepper to taste. Pour this over and around the leg. Serve currant jelly with it.

SADDLE OF MUTTON

(Baked or Roasted in the Oven)

Bake or roast the same as a leg, ten minutes to every pound of meat.

SHOULDER OF MUTTON

This may be roasted plain, or have the bone taken out, and the space filled with a bread stuffing, the same as for poultry. Bake fifteen minutes to every pound.

BROILED CHOPS

Chops are broiled exactly the same as beefsteak, trimming off most of the fat before broiling. Serve plain with butter, pepper and salt, or with tomato sauce.

French chops are broiled in the same manner, decorating the bones with paper quillings.

BREADED CHOPS

Broil French chops ten minutes, turning them very often. Take them from the broiler, baste with melted butter, season with salt and pepper; let them stand ten minutes. Then dip them in beaten egg, roll in bread crumbs, and fry in boiling fat. Fill the bottom of a meat dish with tomato sauce, slip the paper quillings over the end of the bones, and arrange the chops nicely in the sauce. Garnish with parsley, and serve very hot.

BREADED CHOPS WITH PURÉE OF POTATOES

Broil and bread the chops as directed in preceding recipe. Have ready six boiled potatoes, mash them fine, add a half-cup of boiling cream, one teaspoonful of salt, one tablespoonful of butter, and a dash or two of pepper; beat over the fire until light. Place in the centre of a heated dish, stand the chops around it, trim each bone with paper quillings, and serve very hot.

BROILED CHOPS WITH POTATO PURÉE

Broil French chops as directed. Put a tablespoonful of potato puff mixture on each chop, and place in a baking-pan. Brown in a quick oven, decorate the bones with papers, garnish with parsley and serve immediately, or the potato will fall.

MUTTON en PAPILLOTE

½ pound sausage meat
Yolk of one egg
6 loin cutlets
1 onion
2 tablespoonfuls of butter

Put one tablespoonful of the butter in a frying-pan, and when hot, brown the cutlets on both sides. Take them out, season with salt and pepper. Add the remainder of the butter to the frying-pan, the onion cut into slices, and the sausage meat; stir over the fire for fifteen minutes. When done, take from the fire, add the yolk of the egg and a tablespoonful of chopped parsley. Cut six pieces of white paper in a heart-like shape, large enough to hold one cutlet each. Put a tablespoonful of the mixture on one side of the paper; put a cutlet on top of this, then another spoonful of the mixture on top of that, fold the other half of the paper over all. The edges should then be folded together tightly one over the other. Place them in a hot oven for fifteen minutes. Serve in the papers with Béchamel sauce.

CURRY OF MUTTON

1 pint of finely chopped mutton
1 tablespoonful of butter
1 tablespoonful of flour
½ cupful of rice
1 tablespoonful curry powder
2 quarts boiling water
Salt to taste

Wash the rice and put it in the boiling water; let it boil thirty-five minutes. Drain in a colander. Now put the butter in a frying-pan; when melted, add the flour and stir until smooth; add a half-pint of boiling water; let boil up once, then add meat, curry and salt. Stir ten minutes. Now heap it in the centre of a meat dish, and put the rice around, in a border. Brush all over with beaten egg, and place in the oven a few minutes to brown.

SCALLOP OF MUTTON

Take scraps of cold mutton and cut in small pieces; put a layer in the bottom of a baking-dish, then a layer of stewed tomatoes, then a layer of bread crumbs; sprinkle with salt and pepper, and put over a few bits of butter, then another layer of meat, and so on until the dish is full. Have the last layer crumbs. Bake in a moderate oven one and a half hours.

SHEPHERD'S PIE

1 pound of cold mutton
1 pint of cold boiled potatoes
1 tablespoonful of butter
½ cup of stock or water
Salt and pepper to taste

THE CRUST

4 good-sized potatoes
¼ cup of cream
Salt and pepper to taste

Cut the mutton and boiled potatoes into pieces about one inch square; put them in a deep pie or baking-dish, add the stock or water, salt, pepper, and half the butter cut into small bits. Then make the crust as follows: Pare and boil the potatoes, then mash them, add the cream, the remainder of the butter, salt and pepper, beat until light. Now add flour enough to make a soft dough—about one cupful. Roll it out into a sheet, make a hole in the centre of the crust, to allow the escape of steam. Bake in a moderate oven one hour, serve in the same dish.

HOT POT

2 pounds of cold cooked mutton
6 medium-sized potatoes
2 large onions
1 tablespoonful of chopped parsley
1 quart of water or stock

Cut the mutton into pieces about one inch square. Pare and cut four of the potatoes into dice, also the onions. Put a

layer of the mutton in the bottom of a baking-dish, then a layer of potatoes, then a sprinkling of onion, parsley, salt and pepper, and continue these alternations until all is used. Cut the remaining two potatoes into three slices each; cover these over the top, add the water or stock, and bake in a moderate oven for two hours. Serve in the baking-dish.

RAGOUT OF MUTTON

Cut cold mutton or lamb into pieces about one inch square. Put one tablespoonful of butter in a frying-pan, and, when very brown, add one tablespoonful of flour; mix; add a half-pint of stock or water; stir constantly until it boils, then add salt and pepper to taste, and a teaspoonful of Worcestershire sauce. Now add one pint of the mutton, and stand the frying-pan over boiling water for fifteen minutes, until the mutton is thoroughly heated. Add one tablespoonful of currant jelly and one of sherry. Send to the table very hot.

CHINESE MUTTON

1 pint of cold roast or boiled mutton, chopped fine
2 tablespoonfuls of butter
½ pint of water or stock
½ pint of green peas or ½ can
1 onion
Small head of lettuce
Salt and pepper to taste

Put the mutton, butter, stock, peas (uncooked, if green), salt, pepper, lettuce, and onion chopped fine on to stew slowly for one hour. When done, have ready one cup of rice nicely boiled. Put the mixture in the centre of a heated dish, and the rice as a border around it, and serve.

Curry sauce may be served with the dish, and is a nice accompaniment.

IRISH STEW

3 pounds of the neck of mutton
4 potatoes, cut into dice
4 good-sized onions
2 quarts of water
Salt and pepper to taste

Cut the meat into small pieces, cover with the water, which should be boiling, add the onions sliced and *simmer* gently for three hours. About half an hour before the meat is done add the potatoes. Season with salt and pepper, and, if you like it, the beaten yolk of an egg. Serve.

Dumplings may be added the same as in stew of beef with dumplings.

HARICOT OF MUTTON

2 pounds of loin chops
2 onions
1 bay leaf
1 tablespoonful of mushroom catsup
1 stalk of celery
1 turnip
1 carrot
1 tablespoonful of flour
½ pint of water or stock
1 tablespoonful of butter
Salt and pepper

Put the butter in a frying-pan and, when very hot, fry the chops brown on both sides; take them up, and add the flour to the butter remaining in the pan; mix, and add the stock or water; stir constantly until it boils. Then put the chops back, add the onions cut into slices, salt, pepper, the celery cut into small pieces, and the catsup. Stand over a slow fire to *simmer* for three-quarters of an hour. Cut the carrot and turnip into slices, then into fancy shapes with vegetable cutters; cover them with boiling water, boil ten minutes; drain, and add them, with the bay leaf, to the meat, and allow them to *simmer* with the meat the full time it is cooking. When done, add one tablespoonful of sherry, if you use it, and serve very hot.

SHEEP'S HEAD HASH

Clean a sheep's head, according to directions for cleaning calf's head, then put it on to stew with the liver and heart well washed, add one onion, and *simmer* gently one and a half hours. When done, take out and stand away to cool. When cold, take all the meat from the head, chop it with the heart and liver very fine. Now put them into a stewing-pan, add one large tablespoonful of butter, and one pint of water, or liquor in which they were boiled, salt and pepper; let stew up once, and serve with squares of toast around the dish.

DRESSED SHEEP'S HEAD

A sheep's head may be dressed the same as a calf's head, using two heads instead of one calf's head.

SHEEP'S TONGUE

Fresh sheep's tongues may be braised the same as beef's tongue, using one dozen for the recipe given.

TO BOIL SALT OR SMOKED SHEEP'S TONGUES

Wash one dozen sheep's tongues, and soak them over night in cold water. In the morning, put them in a kettle of cold water and bring them slowly to a boil; skim all the scum from the top, and *simmer* two hours. When done, skin and serve around a bed of kale or spinach.

SHEEP KIDNEYS en BROCHETTE No. 1

6 sheep's kidneys
¼ pound of bacon
1 tablespoonful of butter

Cut each kidney through the centre lengthwise, remove the white veins and fat. Wash well in cold water, cover with boiling water and let stand five minutes, then wipe them

dry. Cut the bacon into slices, and then into pieces the size of a half-kidney. Place one piece of kidney on a skewer, then a piece of bacon, then kidney, and so on, allowing about three pieces of bacon and two pieces of kidney to each skewer. Place them on a broiler, baste with the butter, and broil over a clear fire five minutes. Dust lightly with salt and pepper and serve on the skewers.

These make a very nice breakfast relish.

SHEEP KIDNEYS en BROCHETTE No. 2

Cut six sheep's kidneys nearly through without dividing, take out the white veins, wash and scald the same as in preceding recipe. Wipe them dry, and baste them with melted butter. Run a small skewer through each kidney in such a way as to keep the halves partly open. Broil them over a clear fire for about five minutes, take them carefully from the skewers, dust them lightly with salt and pepper, fill the centres with Béarnnaise sauce, and serve immediately.

LAMB

Lamb, like mutton, should be of a bright red color with white fat. It is in season from April to September, but is best when two months old. It will not keep like mutton, and should be used at least within three days after killing.

Like veal, it is unwholesome if not thoroughly cooked. The better way of cooking is to roast or bake it. The loin may be cut into chops and cooked the same as mutton chops.

TO BAKE OR ROAST A QUARTER OF LAMB

Wipe the meat with a damp towel, place it in a baking-pan, and dredge it with pepper. Put one teaspoonful of salt in

the bottom of the pan, add one cup of water to baste with at first. When that evaporates, use its own drippings. Lamb must be basted every ten minutes and baked fifteen minutes to every pound, in a *very hot* oven.

Mint sauce, green peas, and asparagus tips should be served with spring lamb.

VEAL

Veal is divided, the same as mutton, into fore and hind quarters; the fore quarter is sub-divided into loin, breast, shoulder, and neck; the hind, into leg and loin.

Chops are cut from the loin, and the leg is used for cutlets and fillets. The fillet is a solid piece cut from the leg, also called a cushion, and does not correspond with the fillet of beef.

Do not buy veal that is too young, as it is not only unwholesome, but dangerous. It may be known by the small and tender bones; the flesh has a bluish tinge and a soft, flabby appearance. A calf should not be killed until it is two months old, then the flesh is firm, with a pinkish tinge, and the bones are hard.

The loin, shoulder, fillet, and breast are used for roasting. The knuckle, which is the lower part of the leg after the cutlets are taken off, and the neck, are used for soups, stews and pies.

ROAST LOIN OF VEAL

Wipe the loin, place it in a baking-pan, dredge it with pepper, add a teaspoonful of salt and cup of water to the pan, place in a very quick oven for fifteen minutes; then cool the oven somewhat by closing the drafts, or lifting a

lid off the stove if necessary, and roast slowly fifteen minutes for every pound of veal, basting frequently, at first with the water in the pan, and afterwards with its own gravy. Veal must be well done to be eatable. When done, make a gravy the same as roast beef.

STUFFED BREAST OF VEAL

FOR THE STUFFING

1 cup of bread crumbs
1 teaspoonful of sweet marjoram
¼ pound of salt pork
1 teaspoonful of thyme
1 teaspoonful of salt
2 dashes pepper

Chop the pork very fine, add it and all the other ingredients to the bread crumbs. Wipe a breast of veal with a damp towel; make long gashes between the ribs, and fill with this stuffing. Place it in a baking-pan, and roast and finish the same as the loin.

ROAST SHOULDER OF VEAL

Have the butcher remove the bone from the shoulder, fill the space from which the bone was taken with a stuffing made the same as for the breast; pin the meat together with a skewer to prevent the stuffing from coming out, and roast the same as in preceding recipes.

VEAL CUTLETS

Have the cutlets as thin as possible. Dust with salt, pepper, and flour. Put a tablespoonful of dripping in a frying-pan, and, when very hot, put in the cutlets; when brown on one side, turn and brown on the other; take out and place on a heated dish. Add a tablespoonful of flour to the fat remaining in the pan, mix, and stir until brown; add a half-pint of water, stir until it boils, add salt and pepper to taste, pour over the cutlets, and serve.

VEAL CUTLETS BREADED

Have the cutlets as thin as possible, cover them with boiling water, let stand one minute, drain and wipe dry. Cut into pieces about two inches square. Dip first in beaten egg and then in bread crumbs. Put two tablespoonfuls of dripping in a frying-pan; when hot, fry the cutlets first on one side and then on the other. Dish, and serve with brown gravy made according to preceding recipe or with maître d'hôtel butter.

GRENADINES OF VEAL

These are made the same as grenadines of beef.

A BREAKFAST RELISH

Cut a cutlet of veal into pieces about two inches square, and season with salt and pepper. Dip first into beaten egg, then into chopped mushrooms. Put two tablespoonfuls of butter in a frying-pan, and, when hot, fry the cutlets until brown. Make a brown sauce the same as for veal cutlets, pour over the squares, and serve.

VEAL CROQUETTES

Veal croquettes are made precisely the same as chicken croquettes, using chopped veal and leaving out the sweetbreads (calf's brains may be added in their place), and, if made carefully, good judges can scarcely discern the difference.

I remember upon one occasion my college class prepared a supper, from a limited sum of money, for the remainder of the students, numbering nearly two hundred. As our purse would not warrant chicken, and we must have croquettes, we used for them a leg of veal, boiled with one lonely chicken; and the croquettes were pronounced excellent by all, one gentleman asking for one to take home to his wife, that she might taste a perfect chicken croquette.

FRICANDELLES OF VEAL

1 pound of lean veal
½ cup of stale bread crumbs
1 gill of milk
1 teaspoonful of salt
2 dashes of pepper
1 large tablespoonful of butter

Cook the bread crumbs and milk together until thick and smooth. Chop the veal (which must be uncooked) very fine, add this to the bread and milk, add the salt, pepper, and butter, and stand the mixture away to cool. When cool, form into balls about the size of an egg. Dip them in beaten egg and fry in butter until a light brown, being very careful not to burn them; take them carefully out of the pan. Add two tablespoonfuls of flour to the butter remaining in the pan if not burned—if it is, take two tablespoonfuls of fresh butter and brown it—mix, add one pint of stock, stir until it boils, add salt and pepper to taste. Pour this into a saucepan, put in the fricandelles, cover, and *simmer* for one hour. When done, add a tablespoonful of Worcestershire sauce, and serve.

Fricandelles are equally nice made from beef or chicken.

VEAL OLIVES

1½ pounds of veal cutlet, cut very thin
1 tablespoonful of chopped parsley
1 tablespoonful of melted butter
1 pint of stock or boiling water
1 cup of stale bread crumbs
1 teaspoonful of salt
1 tablespoonful of sweet marjoram
¼ pound of bacon
1 tablespoonful of flour
1 bay leaf
1 tablespoonful of mushroom catsup
Pepper to taste

Cut the veal into strips about three inches long and two inches wide. Make a filling from the bread crumbs, salt,

pepper to taste, parsley, sweet marjoram, and melted butter. Mix thoroughly and spread on the strips of veal, roll them up and tie tightly with twine; now roll them in flour. Put the bacon in a frying-pan, and try out all the fat. Put the olives in this, and brown them on all sides. Now put them in a saucepan, add the flour to the fat remaining in the pan, and stir until a nice brown; then add the stock or boiling water, and stir until it boils; add salt and pepper to taste; pour it over the olives; add the bay leaf and mushroom catsup, cover the saucepan, and let *simmer* for two hours. Then take up, cut the strings with a sharp knife, and remove them. Put the olives in a row on the dish, strain the sauce over them, and serve.

FRICANDEAU OF VEAL

4 pounds of the fillet of veal
1 onion
1 stalk of celery
2 sprigs of parsley
1 carrot
1 bay leaf
1 turnip
¼ pound of larding pork
1 teaspoonful of salt

Cut the larding pork into lardoons, and lard the fillet thickly over one side. Clean the vegetables, cut them into slices, and put them into a braising or baking-pan with the bay leaf, salt and parsley. Lay the fricandeau on the top of these with the larded side uppermost, and pour around it one quart of stock or water. Put the lid on the braising-pan, or cover the baking-pan with another, and bake in a moderate oven two hours, basting four times. When done, dish the fricandeau, and make a sauce as follows:—

1 tablespoonful of butter
2 tablespoonfuls of flour
1 tablespoonful of Worcestershire sauce
1 tablespoonful of mushroom catsup

Put the butter in a frying-pan and stir over the fire until a dark brown; then add the flour, mix, and strain the liquor

from the braising-pan into this, which should be one pint—if not, add stock or water; stir constantly until it boils. Take from the fire, add the sauce and catsup, salt and pepper to taste, pour around the fricandeau, and serve.

Green peas are an appropriate accompaniment to this dish.

VEAL POT PIE

1 knuckle of veal
1 teaspoonful of salt
1 large spoonful of lard
1 small onion
1 quart of sifted flour
2 teaspoonfuls of baking powder
½ pint of milk
3 pints of water

Put the water in a stewpan, add the knuckle, onion and salt, and let all *simmer* until the meat is tender—about an hour and a quarter. There must be at least two-thirds of a quart of liquor when the meat is done; if it has evaporated, add hot water to make sufficient quantity. Put the flour into a bowl, add the salt, then rub in the lard; add the baking-powder, mix, and moisten with the milk. Roll out on a board, cut with a round cutter, and place over the top of the meat; cover the stewpan and boil fifteen minutes.

VEAL PIE

1 knuckle of veal
1 onion
1 large tablespoonful of butter
½ pound of ham
4 potatoes, medium size
1 tablespoonful of chopped parsley
Salt and pepper to taste

Wipe the knuckle, put it in a kettle, partly cover it with water, add one onion, and *simmer* gently one hour. Pare the potatoes and cut them into dice; parboil fifteen minutes and drain. When the veal is done, cut all the meat from the bone, return the bone to the kettle, and let it *simmer* two or three hours longer for stock. Cut the ham into dice. Line a two-quart tin basin with plain paste,

and cut the trimmings from the edge into squares. Now put a layer of potatoes in the bottom, then a layer of veal, then a sprinkling of ham, the squares of paste, parsley, salt and pepper, and a few bits of butter, and follow these alternations until all is used. Roll out the top crust, make a hole in the centre, wet the edges of the pie with cold water, put on the top crust, press the edges together, and trim. Bake in a quick oven for thirty minutes, or until the crust is done. While this is baking, prepare the sauce.

Put one tablespoonful of butter in a frying-pan, and when melted, add two even tablespoonfuls of flour, mix, but do not brown; add a half-pint of the liquor in which the knuckle was boiled, and a half-pint of milk, stir constantly until it boils; add the salt and pepper, take from the fire, add the beaten yolk of one egg and a tablespoonful of chopped parsley, and pour it into the pie, when done, through a funnel placed in the opening of the upper crust. Serve immediately.

STEWED KNUCKLE OF VEAL

Wipe the knuckle well with a damp towel. Cut it into pieces where it has been cracked. Put it into a kettle with two quarts of boiling water, add one onion cut into slices, one carrot cut into fancy shapes, half a pound of ham cut into dice, and one bay leaf. Cover and stew slowly for two hours, then add a half-cup of washed rice, stew thirty minutes longer, and serve.

VEAL LOAF

3½ pounds of veal	½ pound of ham
1 cup of bread crumbs	2 eggs
1 teaspoonful of salt	½ teaspoonful of pepper
1 teaspoonful of onion juice	½ teaspoonful of sage
	½ teaspoonful of cloves
½ teaspoonful of allspice	

Chop the uncooked veal and ham very fine; add to them

all the other ingredients, the eggs well beaten; mix thoroughly, and press into a square pan to mould. Turn it out on a baking-pan, brush it over with beaten egg, and bake in a slow oven for two hours, basting three or four times while baking with a tablespoonful of butter melted in a half-cup of boiling water. Serve cold, cut in thin slices.

JELLIED VEAL

1 knuckle of veal
2 onions
1 blade of mace
1 bay leaf
1 gill of good vinegar
12 whole cloves
6 pepper-corns
½ teaspoonful of ground allspice
Salt and pepper to taste

Wipe the knuckle and cut it into pieces; put it in a kettle with two quarts of cold water; bring it slowly to simmering point; skin, and *simmer* gently for two hours; then add the onion, mace, bay leaf, cloves, pepper-corns, and allspice, and *simmer* one hour longer. Take out the knuckle, carefully remove the bones, and put the meat into a square mould. Boil the liquor until reduced to one quart; strain, add the vinegar, salt and pepper to taste, pour it over the meat, and stand it away over night to cool. When cold, turn it carefully out of the mould, garnish it with parsley and lemon, and it is ready to serve.

RAGOUT OF VEAL No. 1

For this, the remains of a cold fricandeau or roast may be used, cut into pieces about one inch square. To every pint of these squares allow

½ pint of stock
1 tablespoonful of butter
1 tablespoonful of flour
1 tablespoonful of Worcestershire sauce
1 tablespoonful of mushroom catsup
2 tablespoonfuls of sherry
1 tablespoonful of onion juice
1 blade of mace
6 mushrooms, chopped fine

Put the butter in a frying-pan, and stir until a nice brown; then add the flour, and brown again; then add the stock; stir until it boils, then add the mushrooms, mace, onion juice, mushroom catsup, sauce, salt to taste. Mix, and add the veal. Place over a very moderate fire to *simmer* for fifteen minutes; then take from the fire, add the wine (if you use it), garnish with boulettes of potatoes, and serve very hot.

RAGOUT OF VEAL No. 2

Cut any pieces of cold roast veal into nice squares. To every pint of these squares allow

1 pint of stock
½ pint of mushrooms or
1 ounce of truffles
3 hard-boiled eggs
2 tablespoonfuls of butter
2 tablespoonfuls of flour
1 gill of Madeira, if you use wine
Salt and pepper to taste

Brown the butter, add the flour; mix; add the stock and half the wine, then the meat, and *simmer* for half an hour; then add the mushrooms or truffles chopped into small pieces, the yolks of the hard-boiled eggs, mashed; salt and pepper to taste; cook ten minutes longer. Take from the fire, add the remainder of the wine, and serve, garnished with sweetbread croquettes made into very small cylinders. This dish is fully worth its trouble.

GALANTINE OF VEAL

1 breast of veal
1 knuckle of veal
½ box of gelatine
2 cups of cold boiled ham, chopped fine
8 tablespoonfuls of dried bread crumbs
1 pint of milk
½ teaspoonful of salt
2 dashes of black pepper
2 dashes of cayenne
Yolks of three eggs
1 onion
2 bay leaves

1 tablespoonful of chopped parsley	3 cloves
1 teaspoonful of French mustard	1 stalk of celery
	1 small carrot
	1 blade of mace

Put the milk on to boil, add to it the bread crumbs; stir constantly until it thickens; then add the yolks, mustard, chopped parsley, cayenne and ham. Mix all together. Bone the breast, sprinkle it with salt and pepper. Now spread the mixture over the breast, roll it up and tie with twine; then wrap it in a piece of cheese-cloth and sew tightly. Put in the bottom of a soup kettle the bones from the breast, the knuckle of veal, three quarts of cold water, the onion, bay leaves, cloves, celery, carrot, and blade of mace. Place it over a moderate fire, and bring it slowly to a boil. *As soon* as it boils, skim carefully, add a tablespoonful of salt, and then put in the breast of veal; *simmer* for three hours, then take out the veal, remove the cloth, put it on a flat dish, and stand away to cool. Cover the gelatine with a half-cup of cold water, and let it soak one hour. *Simmer* the knuckle one hour longer after removing the veal, then add to it the gelatine strained through a sieve, and clarify the same as Bouillon. Season with salt and pepper, and put away to *cool*, but not *harden*. When cool, put a layer of the liquid in the bottom of a mould large enough to hold the veal, stand it on the ice, and, when hard, place the veal on top of it, and pour the remainder of the liquor in the mould. (There should be just enough to cover the veal.) Stand in a very cold place over night. When ready to serve, wipe the outside of the mould with a warm towel, place a meat dish over the top of the mould, turn it upside down, and remove the mould carefully, leaving the galantine in centre of dish. Garnish with parsley, and serve with sauce Tartare.

ITALIAN CHEESE

1 pound of veal
1½ pounds of calf's liver
½ pound of ham
1 small onion
½ teaspoonful of powdered sage
2 tablespoonfuls of chopped parsley
¼ box of gelatine
1 heaping teaspoonful of salt
¼ teaspoonful of black pepper
A dash of cayenne

Wash the liver, then cover with boiling water, let it stand five minutes, then take it from the water and dry on a towel. Chop the liver, the veal and the ham (all uncooked) very fine; then add the sage, parsley, salt, black pepper, cayenne and the onion, grated. Mix well. Grease a plain mould well with butter; press the meat tightly into the mould, cover, and boil or steam three hours. When you remove the lid, you will find the meat has shrunk, leaving a half-inch of space partly filled with liquid. Carefully drain this liquid off, put it in a saucepan over the fire, add to it the gelatine (which should have been covered with cold water and soaked a half-hour) and sufficient water to fill the space and cover the cheese. Stir until the gelatine is dissolved; add salt and pepper to taste, pour back into the mould around the cheese and stand away in a cold place. When cold, turn out of the mould; garnish with slices of lemon and parsley, and it is ready to serve.

If properly made, the meat should be encased in a jelly.

CALF'S HEAD CHEESE.

1 calf's head
1 teaspoonful of salt
1 teaspoonful of summer savory
1 teaspoonful of sweet marjoram
1 tablespoonful of chopped parsley
¼ teaspoonful of pepper

Clean the calf's head as directed in Dressed Calf's Head, *simmer* it, in hot water enough to cover, for one and a half

hours, or until the meat leaves the bones. When done, take it out carefully, remove the bones, chop the meat and add the other ingredients. Have ready a small bag made from cheese-cloth, pack the mixture into it, tie the bag tightly and hang away to cool. When cold, turn the bag, wrong side out, off the meat, and it is ready for use. Serve cold, cut in thin slices.

DRESSED CALF'S HEAD No. 1

1 calf's head with the skin on
1 quart of water
1 bay leaf
1 onion
1 stalk of celery
3 whole cloves
6 nice tomatoes, baked
Salt

Have the butcher saw the top of the head, and take out the brains. Now wash the head well in cold water; cover with clean cold water, and soak one hour; then scald the nasal and throat passages with boiling water; wash again in cold water, and see that the throat is perfectly free from any foreign matter. Put it on to boil with the onion, bay leaf, celery, cloves, salt and water, *simmer* gently till tender—about three hours—skimming carefully at the first boil. Remove the fibre from the brains, then put them into a small saucepan, cover with boiling water, add one teaspoonful of salt, and *simmer* gently for fifteen minutes; take them out, cut into small pieces with a *silver* knife, and stand aside until wanted. When the head is done, take it from the water, remove the tongue, skin and cut into slices. Cut the meat from the head carefully. Put it with tongue and brains in the centre of a heated meat-plate, and keep warm while preparing the sauce. Put one tablespoonful of butter in a frying-pan to brown, add to it two even tablespoonfuls of flour; mix until smooth; then add one pint of the liquor in which the head was boiled, stir constantly until it boils, then add a tablespoonful of

mushroom catsup, a tablespoonful of Worcestershire sauce, a half-teaspoonful of salt, two dashes of cayenne, and five mushrooms chopped fine. *Simmer* the whole one minute. Place the baked tomatoes around the calf's head, pour the sauce over the whole, and serve.

The tomatoes may also be cut into slices and fried. If you use wine, add one tablespoonful of sherry to the sauce at serving time.

DRESSED CALF'S HEAD No. 2

Saw the head into halves, lengthwise through the skull. Take out the brains, throw them into cold water for one hour. Take out the eyes and teeth. Wash and cleanse the same as directed in preceding recipe. Put it in a kettle, nearly cover with boiling water; place over a moderate fire, skim and *simmer* gently for one hour, then add one onion, one bay leaf, a sprig of parsley, four cloves and a blade of mace; *simmer* for a half-hour longer. While this is cooking, clean the brains, remove all the membrane, and parboil them for fifteen minutes, then put them away to cool. When cold, cut into thick slices, dip first in egg and then in bread crumbs, and stand one side until wanted. When the calf's head is done, take it out carefully, skin the tongue, brush the head over with beaten egg, then sprinkle with crumbs and chopped parsley. Brown in a quick oven. Plunge the brains into boiling fat just long enough to brown. Serve one-half of the head at a time, garnished with parsley, slices of lemon and the brains around the dish.

Sheep's head may be served in the same way, and is very nice.

CALF'S BRAINS

1 tiny onion
1 teaspoonful of salt
1 bay leaf
1 clove

Use the brains left from the mock turtle. As soon as the head comes home, throw the brains into a bowl of ice-cold water, and let them stand one hour. Then remove the fine skin and blood-vessels that are all around them. Now put them in a small saucepan, cover with cold water, add the onion, bay leaf, salt, and clove, and *simmer* gently five minutes. Take from fire, drain, and put on ice to cool. When cold, cut in four nice pieces, dip first in egg and then in bread crumbs, and fry in boiling fat. Garnish with parsley and serve, with French peas around them.

BRAISED LIVER

1 calf's liver
1 onion
1 stalk of celery
2 sprigs of parsley
1 pint of stock or water
1 tablespoonful of mushroom catsup
1 carrot
1 bay leaf
1 turnip
¼ pound of larding-pork
1 tablespoonful of butter
1 tablespoonful of Worcestershire sauce
1 tablespoonful of flour

Wash the liver, and lard it the same as fillet of beef. Wash and cut the vegetables into slices, and put them in the bottom of a braising-pan if you have one, if not, in a deep baking-pan; lay the liver on the bed of vegetables, add the stock or water, put a lid over the pan, and bake in a moderate oven for two hours. When done, dish the liver. Put the butter in a frying-pan, stir it over the fire until a nice brown, add the flour; mix and strain the liquor from the other pan into this, which should be about a half-pint. Stir continually until it boils, then add the Worcestershire sauce, and mushroom catsup. Pour over and around the liver, and serve.

Beef's liver may be braised, but is never so nice as calf's liver.

STEWED LIVER

1 pound of calf's liver — 1 pint of water
1 tablespoonful of flour — Salt and pepper to taste
½ a small onion

Cut the liver into slices, and again into pieces about two inches square. Put two tablespoonfuls of dripping in a frying-pan, add to it the flour, and stir until brown. Now add the water, stir constantly until it boils, pour it into a stewing-pan with the liver and onion, cover and *simmer* gently one hour; add the salt and pepper, and serve.

LIVER AND BACON

1 pound of calf's liver — ½ pound of bacon
½ teaspoonful of salt — 1 tablespoonful of flour
A dash of black pepper

Cut the liver into thin slices and scald it; wipe dry. Cut the bacon into as many thin slices as you have slices of liver. Put the bacon in a frying-pan and fry until brown, then take it out, put on a heated dish and keep it warm. Dust the liver with flour, salt and pepper, and fry it in the bacon-fat. When a nice brown, arrange it on the heated dish with a slice of bacon on each slice of liver. Add the flour to the fat remaining in the pan; mix, add a half-pint of boiling water, season with salt and pepper, pour it around the liver, and serve.

LIVER AND ONIONS

Fry the liver and bacon as in preceding recipe. Have ready onions, prepared the same as in beefsteak and onions, add them to the fat remaining in the pan, cook two minutes, and heap on top the liver and bacon.

BROILED LIVER

Cut the liver into slices and scald it. Then wipe it dry, season with salt and pepper, and broil over a clear fire, first

on one side and then on the other; it will take about five minutes. When done, spread lightly with butter, and serve on a heated dish.

LIVER WITH BROWN SAUCE

1 pound of calf's liver
1 tablespoonful of flour
1 tablespoonful of Worcestershire sauce
2 slices of bacon
½ pint boiling stock or water
1 tablespoonful of mushroom catsup
Salt to taste

Cut the liver in slices, cover it with boiling water, and let it stand five minutes to draw out the blood. Now take it out and wipe it dry. Dredge with flour, salt and pepper. Try out the bacon in a frying-pan. Then put the liver into this hot bacon-fat, fry brown on one side, turn, and brown the other. Place it on a hot dish with the bacon, cut in small pieces. Now add the flour to the fat in the pan, and stir until a nice rich brown; add the boiling stock or water; stir again until it boils, now add the Worcestershire sauce, mushroom catsup, and salt to taste. Pour it over the liver, and serve.

LIVER ROLLS

1 pound of calf's liver
1 small onion
1 sprig of parsley
1 tablespoonful of mushroom catsup
¼ pound of bacon
1 bay leaf
1 tablespoonful of Worcestershire sauce
1 tablespoonful of flour
½ teaspoonful of salt

Have the liver cut into thin slices. Cover with boiling water and let stand five minutes; take it out of the water and wipe dry. Cut the bacon into thin slices, and again into pieces about two inches long and one inch wide. Put one piece of the bacon on a slice of the liver, then roll it up and tie tightly with twine, and so continue, making one roll of each piece of liver. Dredge these thickly with flour.

Put the remainder of the bacon in a frying-pan, and try out all the fat. Brown the rolls in this fat, and then put them in a stewing-pan. Add the flour to the fat remaining in the frying-pan, mix, and add one pint of water or stock; stir constantly until it boils, and pour it over the rolls; add the Worcestershire sauce, the mushroom catsup, a half-teaspoonful of salt, onion, bay leaf and parsley. Cover, and let *simmer* gently one hour. When done, dish the rolls, remove the strings. Strain the sauce over and around them.

SWEETBREADS

Calf's sweetbreads only should be used for food, and, as they spoil very quickly, they should be thrown in cold water the moment they come from the market; after soaking one hour, trim them free from fat, lard or not, as you wish, put them into boiling water; add a teaspoonful of salt, stand them over a very moderate fire, and parboil fifteen minutes; then throw them into cold water for five minutes, remove carefully any skin or rough parts, and then put them in the coldest place you have until you are ready to cook them. In this way they will keep thirty or forty hours. Always parboil the sweetbreads in a porcelain or granite saucepan, and use a silver knife in cutting, as they contain a peculiar phosphoric acid that acts upon iron or tin, entirely destroying their flavor.

BAKED SWEETBREADS AND PEAS No. 1

2 pairs of sweetbreads — Larding-pork
1 tablespoonful of butter — 1 tablespoonful of flour
½ pint of milk — 1 can of French peas
Salt and pepper to taste

Trim the fat from the sweetbreads and parboil fifteen minutes. Now lard them with five lardoons each, put them in a small baking-pan, dredge them with salt, pepper, and

flour, cover the bottom of the pan with stock or water, and bake in a moderate oven for three-quarters of an hour. Baste every ten minutes. When they are nearly done, put the butter in a frying-pan, add to it the flour (do not brown), and mix until smooth; add the milk, stir until it boils, then add the French peas drained free from all liquor. Stir again until they boil. Dish the sweetbreads in the centre of the dish with the peas around them.

BAKED SWEETBREADS AND PEAS No. 2

Trim, lard and bake the sweetbreads as in the preceding recipe. Drain the liquor from a can of French peas, turn them into a small saucepan, add a piece of butter the size of a walnut, a half-teaspoonful of salt, a little pepper; heap in the centre of a heated dish, put the sweetbreads around, and serve very hot.

SWEETBREADS FRIED

Wash, trim, and parboil the sweetbreads fifteen minutes. Then cut them in nice pieces, dip them first into egg, then in bread crumbs, and fry in boiling fat. Serve with cream sauce.

SWEETBREADS à la CRÊME

1 pair of sweetbreads
1 tablespoonful of butter
5 mushrooms
1 tablespoonful of flour
½ pint of cream

Parboil the sweetbreads as directed; pick them to pieces, rejecting all the fine membranes, then chop *rather* fine. Chop the mushrooms *very* fine. Put the butter on to melt, be careful not to brown; when melted, add the flour, mix until smooth; add the milk, stir constantly until it boils; add the mushrooms and sweetbreads, and stir over the steam of the teakettle for about five minutes, add a half-teaspoonful of salt and a dash of white pepper. Serve in silver shells or little paper cases.

SWEETBREADS à la BÉCHAMEL

1 pair of sweetbreads
1 tablespoonful of flour
1 gill of cream
½ teaspoonful of salt
1 tablespoonful of butter
1 gill of white stock
6 mushrooms, chopped fine
2 dashes of white pepper
Yolks of two eggs

Wash and parboil the sweetbreads as directed. Remove the fibrous skin and fat and pick into small pieces. Put the butter in saucepan to melt, do not brown; add the flour, mix until smooth, then add the stock and cream; stir *continually* until it boils, then add the mushrooms and sweetbreads; stir the whole over the steam of the teakettle and let stand there until wanted. When ready to serve them, take from the fire, add the yolks, well beaten, salt and pepper, and, if you use it, one tablespoonful of sherry, and serve in a small heated dish or individual paper cases. A calf's brain may be parboiled, mashed, and added to the sauce. Many think this a great improvement.

SWEETBREADS BROILED

Wash and parboil the sweetbreads, cut them in half, lengthwise, and stand them away to cool; when ready to broil, season with salt and pepper, baste with melted butter. Broil over a clear fire for five minutes. Serve hot with a little melted butter poured over them.

SWEETBREAD CUTLETS

1 pair of sweetbreads
Yolks of two eggs
¼ teaspoonful of nutmeg
1 tablespoonful of butter
1 gill of cream
5 drops of onion juice
¼ teaspoonful of white pepper
2 tablespoonfuls of flour
1 tablespoonful of chopped parsley.

Trim and parboil the sweetbreads, chop them fine with a silver knife. Put the milk on to boil. Rub the butter and

flour together and stir into the milk when boiling; stir and cook until very thick. Take from the fire, add the yolks of the eggs, sweetbreads, and seasoning, salt to taste, and, if you like, two tablespoonfuls of chopped mushrooms; mix well, and turn out to cool. They should stand at least four hours in a cold place to form nicely. When cold, form into cutlets, dip first in egg and then in bread crumbs, and fry in boiling fat. Put a quilling of white paper in the small end of each cutlet, and serve with sauce Béchamel or cream sauce.

SWEETBREAD CROQUETTES

Make exactly the same as the preceding recipe, leaving out the yolks of the eggs, and forming into croquettes instead of cutlets. Serve with peas.

SWEETBREADS au JUS

2 pairs of sweetbreads
1 bay leaf
10 lardoons (strips of larding-pork)
1 tablespoonful of butter
1 slice of onion
1 clove
1 sprig of parsley
1 small head of cauliflower

Trim and lard the sweetbreads, then parboil them. Put the butter in a frying-pan, add the onion, bay leaf, clove, parsley, and sweetbreads, the larded side up; cover the pan and stand it in a hot oven, basting with the butter, and baking for thirty minutes. In the mean time boil the cauliflower as directed in recipe for boiled cauliflower, break it apart in the little branches, and put it around a heated dish. Take the sweetbreads from the oven, add four tablespoonfuls of stock, boil up once. Dish the sweetbreads in the centre of the cauliflower, turn the gravy over them through a strainer, and serve.

PORK

Pork is divided into leg, loin, chine, shoulder, spare-rib, middlings, head and feet. The best parts for roasting are the loin and leg.

Pork in every form is unwholesome and indigestible, and should never be eaten by persons with weak digestion or by children, and should not be used by any one except in very cold weather. It should always be thoroughly cooked.

To select: The lean must be fine-grained, and of a pale red color; the fat white, and the skin smooth and clear. If the flesh is soft, the fat a yellowish-white, and full of small kernels, reject it, as this is an indication of disease.

SUCKING PIG (TO ROAST)

TO PREPARE

The pig should be four weeks old, and should be roasted the day after it is killed. In cities, pigs are usually sent from the butcher's prepared for the oven; but if it should be your lot to receive one in its crude state, we will give these few directions to follow. Wash the pig well in cold water, and let it remain in the water ten minutes. Have ready a large pan of boiling water, plunge it in, hold it by the nose and shake it vigorously about, until you can pull the hairs out easily. Take it out, rub it with a very coarse crash towel, rubbing from the tail to the head; then make a small opening in the belly, take out the entrails, and wash it thoroughly in cold water. Wipe it dry. Make a filling as follows:—

1 cup of stale bread crumbs
1 heaping tablespoonful of chopped suet
1 tablespoonful of chopped parsley

1 teaspoonful of powdered sage
1 teaspoonful of salt
¼ teaspoonful of black pepper
1 tablespoonful of onion juice

Mix all the ingredients well together.

Remove the hoofs at the first joint, leaving the skin long enough to pull over the bone. If you are not ready to bake at once give it a cold pack,—*i. e.*, roll it in a wet towel—and put it one side until wanted. When ready, put the stuffing in, sew the opening together, truss the fore legs forward, and the hind feet also forward, under and close to the body. Now wipe the pig carefully with a clean, soft, dry cloth, and place a stone or cob in the mouth to keep it open. Rub it with melted butter; dredge very lightly with flour, salt and pepper. Roast before a moderate fire, as it must be thoroughly done, or, if baked, the oven must be moderately hot. Baste it with a little salted hot water at first, and then with melted butter until there is sufficient dripping in the pan. Roast from two hours to two and a half. When the pig is about half done, brush it all over lightly with melted butter or pure olive oil. When done, place it on a dish with parsley all around; remove the stone or cob from the mouth, and put in its place a small red apple. Serve as hot as possible with apple sauce.

THE GRAVY

Brown the pan in which the pig was roasted, add to it two tablespoonfuls of flour, and brown again; add one pint of boiling water, let it boil up once, add salt and pepper to taste, take from the fire, add four tablespoonfuls of sherry, and serve in a boat.

TO CARVE

Cut off its head, separate it down the back in halves, remove the hams and shoulders, and separate the ribs.

Sucking pig may also be stuffed with potato stuffing.

ROAST LEG OF PORK

A leg to be roasted should not weigh over about six or seven pounds. Score the skin with a sharp knife, in parallel lines about a half-inch apart. Place it in a baking-pan, add a teaspoonful of salt and a half-cup of boiling water, and place it in a very hot oven, basting every five minutes for twenty minutes; now take the drafts off your fire, and allow the leg to roast moderately, basting every ten minutes with its own gravy. Roast twenty-five minutes to every pound. *Pork should never be served under-done.* When done, dish and garnish with parsley. Serve apple sauce and horseradish with it.

FOR THE GRAVY

Allow two tablespoonfuls of fat to remain in the pan (pour the remainder in your dripping-pot), add two tablespoonfuls of flour and brown well; add one pint of boiling water, stir constantly until it boils; add salt and pepper to taste, a half-teaspoonful of powdered sage, and a tablespoonful of tomato catsup; strain, and serve in a boat.

ROAST LOIN OF PORK

The loin and shoulder may be roasted the same as a leg, roasting the loin twenty and the shoulder twenty-five minutes to every pound.

ROAST SPARE-RIB

Put the spare-rib in a baking-pan; dredge it lightly with pepper; add a half-teaspoonful of salt to a half-cup of boiling water, and pour in the bottom of the pan. Place in a quick oven for ten minutes; baste with butter and cover with a piece of buttered letter paper. Roast twenty minutes to every pound, basting every ten minutes. Fifteen minutes before it is done, brush it well with melted butter,

and dust it with a half-teaspoonful of powdered sage and a little black pepper. When done, serve and make a gravy the same as for roast leg of pork.

Spare-rib may be stuffed with a stuffing made of bread or mashed potatoes, the ribs cracked crosswise the entire length in two places, the stuffing placed in the centre, the two ends folded over, and tied. Roast as above. Serve with tomato sauce.

PORK CHOPS

Put a tablespoonful of dripping in a frying-pan to heat. Dust the chops with salt, pepper and flour; fry in the hot dripping until a nice brown, and thoroughly done. It will take about twenty-five minutes. Dish. Pour nearly all the fat from the frying-pan into your dripping-pot, and to that remaining—which should be about a tablespoonful—add one tablespoonful of flour, and brown. Then add a half-pint of boiling water, let it boil up once, add salt and pepper to taste, and pour over the chops.

Steaks and cutlets may be fried in the same manner.

SOUSED PIG'S FEET

Clean the feet and scrape them well. Soak them in cold water two or three hours, then wash and scrub well. Split the feet and crack in two or three places. Put them into a stewpan and just cover them with cold water; place over a moderate fire and *simmer* until tender. Boil together for one minute a half-pint of good cider vinegar, three blades of mace, one dozen whole cloves, and two bay leaves. Season the feet with salt and pepper, pour into an earthen basin, and add the spiced vinegar while hot; then stand in a cold place. It will be ready for use the next day.

PORK TENDERLOINS

These are the tenderloins of the pork, torn out, and correspond with the fillet of beef. Two tenderloins will weigh about a pound and a quarter. Being solid meat, without a particle of waste, they are more economical, even at a higher price, than chops or steaks. They are best fried the same as pork chops. Before frying, split them lengthwise, making four pieces of the two tenderloins.

PORK AND BEANS

To every quart of the small white soup beans allow one pound of pickled pork. Soak the beans over night in cold water. In the morning wash them well in a colander. Put them on to boil in cold water; at the first boil, drain this water off and cover them with fresh boiling water. Score the rind of the pork and put it in with the beans; *simmer* gently until you can blow off the skin of the beans. To do this, take three or four beans in your hand, blow hard on them, and if the skin cracks they are done. When done, every bean should be perfectly whole. Take out the pork and drain. Put the beans into a bean-pot (an earthen pot or pipkin with a cover), almost bury the pork in the centre of the beans. Add one teaspoonful of salt to one pint of the water in which the beans were boiled, pour this into the pot, sprinkle with pepper. Pour over the top of the beans one large spoonful of molasses, put on the lid, then bake in a very moderate oven for six or eight hours. If wanted for Sunday morning breakfast, put them in the oven on Saturday night, and let them bake all night. Serve with Boston brown bread. They may be baked in an ordinary iron baking-pan, but in that case they should be covered with another pan or carefully watched, and baked only two hours. Bring them to the table in the pan in which they were baked.

TO BOIL A HAM

Wash the ham well in cold water. To do this thoroughly, you should use a small scrubbing-brush. Put it into a large boiler nearly filled with cold water, add a blade of mace, six cloves, and a bay leaf. Place it over a slow fire, that it may heat gradually. It should not come to boil for at least two hours. Then skim carefully, and *simmer* gently fifteen minutes to every pound, from the time it begins to *simmer*. When done, allow it to cool in the liquor in which it was boiled. Then remove the rind carefully without cutting the fat. Brush it over with beaten egg, and sprinkle with dried bread crumbs; place in a quick oven for about fifteen minutes to brown. Serve it cold, garnished with parsley. Ornament the shank bone with a paper frill.

OR, TO SERVE HOT

Remove the skin as soon as it is done, and, while yet hot, brush it over with beaten egg, sprinkle with dried bread crumbs, and put in the oven to brown and crisp. When brown, dish; trim the shank bone with a frill of paper, garnish the edge of the dish with parsley and vegetable flowers, and serve with it asparagus, peas, or cauliflower.

HAM BOILED IN CIDER

Wash the ham as directed, cover it with cold water, and soak for twenty-four hours, then wipe dry. Put it in a porcelain-lined kettle, more than cover it with cider, and *simmer* gently fifteen minutes to every pound. When done, allow it to cool in the liquor in which it was boiled. When cold, remove the skin carefully, and with a dry cloth sop the fat to make it perfectly dry. Cut carrots and beets, that have been boiled tender, into fancy shapes, with vegetable cutters or a French knife, place them tastefully over the ham. Garnish with squares of aspic jelly, parsley, and olives. This is delicious.

TO BAKE A HAM

Wash a medium-sized ham as directed; soak it for twenty-four hours in cold water, changing the water three or four times. Now trim away the rusty parts from underneath, and wipe it dry. Make a thick paste with flour and water only; cover the flesh side of the ham with this paste, place it in a baking-pan, the skin side down, and bake in a moderate oven twenty-five minutes for every pound, basting with sherry wine every ten minutes, until you have used a half-pint; then baste with the dripping in the pan. When done, take off the crust carefully, and peel off the skin. Trim the shank bone with a frill of paper. With a dredging-box sprinkle the fat of the ham over with raspings of rolls or bread, and serve with champagne sauce. Garnish with pickled beets cut into fancy shapes, olives, and parsley.

This is just as good as it sounds; a little troublesome, but one is well paid.

BROILED HAM

Have your ham cut into slices about a half-inch thick, trim off the rind and rusty edge. Place on a broiler, and broil over or before a clear fire for eight minutes, turning two or three times. When done, spread *very* lightly with butter, dust with pepper, and serve at once on a heated dish.

FRIED HAM

Cut and trim the ham as for broiling. Heat a frying-pan, then put in the ham (use no fat), and fry over a quick fire ten minutes, or until the fat of the ham is a nice brown. Dish. Add one tablespoonful of flour to the fat remaining in the pan, and mix until smooth; add a half-pint of milk, stir constantly until it boils; add a dash of pepper; pour it over the ham, and serve.

Saratoga potatoes are a nice accompaniment to this.

BARBECUED HAM

This is best done in a chafing-dish.

Take one slice of cold boiled or baked ham, put it in your chafing-dish, season with pepper and a half-teaspoonful of French mustard; pour over it one teaspoonful of vinegar; heat quickly on one side, then turn and heat the other. Dust very lightly with powdered sugar, add four tablespoonfuls of sherry; boil up once, and serve on a heated dish.

If you have no chafing-dish, this can be carefully done over the fire.

HAM AND EGGS

Fry the ham as directed in the recipe for Fried Ham; when done, place on a heated dish; allow six eggs to every slice of ham, have them ready, and drop one by one, into the the hot fat. Stand over a moderate part of the fire until yolks are set. Cut the ham into six nice pieces, trim the rough edges from the eggs, lift them carefully with an egg-slice, and lay one upon each piece of ham. Dust lightly with salt and pepper, and serve very hot.

HAM CROQUETTES

1 cup of finely-chopped cooked ham
2 cups of mashed potatoes
Yolks of three eggs
1 tablespoonful of butter
1 dash of cayenne

Mix with the hot mashed potatoes, the butter, yolks of two eggs, and the cayenne; beat until smooth; turn out to cool. Put the ham in a small frying-pan with the remaining yolk, and stir over the fire for about one minute; turn it out to cool. When cool, take a large tablespoonful of the potato and form it into a hollow in the palm of your hand; put into this hollow a large teaspoonful of the ham,

fold the potato over it, and form it into a ball, making a potato ball with a ham centre. Dip these in beaten egg and then in bread crumbs, and fry in *boiling* fat.

HAM BALLS

½ cup of cold cooked ham
1 gill of milk
2 tablespoonfuls of dried bread crumbs
1 tablespoonful of chopped parsley
Yolks of two eggs
1 dash of cayenne
¼ teaspoonful of salt
¼ teaspoonful of nutmeg

Chop the ham very fine. Put the milk on to boil, add to it the crumbs, stir until it thickens; add the yolks of the eggs, salt, cayenne, nutmeg, and ham; stir over the fire until thoroughly hot; then add the parsley. Mix, and turn out to cool. When cold, form into balls about the size of a walnut, dip in egg and then in bread crumbs, and fry in *boiling* fat.

These are used as a garnish to made dishes.

This mixture, when turned out to cool, is a ham forcemeat.

HAM SANDWICHES

Cut the bread very thin, butter it lightly, put on it a good layer of finely-chopped cold boiled ham; lay another piece of buttered bread on top, and press together gently. If the crust is at all hard, cut it off before putting in the ham.

HAM AND EGGS SANDWICHES

Mix the yolks of six hard-boiled eggs with one tablespoonful of French mustard to a smooth paste, then add one cup of finely-chopped cold boiled ham. Spread a good layer of this on a slice of buttered bread, cover with another slice, and press firmly together.

Or, spread a layer on one slice cut very thin, roll it up, and serve in a pile on a plate.

Tongue sandwiches may be made by either of the preceding recipes, using cold boiled tongue instead of ham.

BOILED BACON

Bacon may be boiled the same as ham.

FRIED BACON

Cut it into very thin slices, put it in a frying-pan, and heat gradually for about two minutes; then fry until brown. Serve around a dish of fried potatoes.

TO BOIL PICKLED PORK

This is generally used boiled with sauer-kraut or cabbage, to give it flavor, a piece weighing two pounds being sufficient for one quart of sauer-kraut, or one head of cabbage. Boil two hours and a half.

TO CURE HAMS AND SHOULDERS

This should be done as soon as possible after the meat is cold.

100 pounds of meat — 2 ounces of powdered saltpetre
4 pounds of fine salt — 4 ounces of brown sugar

Place the hams or shoulders on a board or table in the cellar, skin side down. Mix the salt, sugar and saltpetre well together; rub the hams well all over with this mixture, and put a little in the hock end around the bone. Rub until they will take no more. If there should be any left, rub them again in about one week. Allow them to remain on the board for sixteen days. Then hang them up to smoke, with the hock end upwards, in a cool, dark, smoke-house. Keep up a good smoke from hickory chips, smothered with sawdust, during the day, for two or three days, when they will be fit for use. One or two small hams may be smoked under a barrel.

If you should want to keep the hams over until warm weather, our experience with the following method was very satisfactory.

Examine the hams carefully, to see that the insects have not already deposited their eggs on the meat. Dust a little cayenne pepper around the bone, then wrap them closely in brown paper, then with coarse muslin to fit the ham exactly; stitch tightly. Now give them a coat of whitewash, and hang them away in a *cool, dark, dry* place.

Beef's tongues may be cured in the same manner.

This recipe has been in constant use in our own family for years, and we pronounce it *perfect.*

TO PICKLE PORK

To fifty pounds of pork allow two pounds and a half of brown sugar, two ounces of saltpetre, and sufficient salt to make a brine with about nine gallons of water; this depends upon the size of the vessel you pack it in. Mix the sugar and saltpetre with the water, and then gradually add the salt—which should be Liverpool—until the brine will float an egg. Pack the pork down in a half-barrel or tub, and pour the brine over it; skim off carefully all scum that rises. Be sure that the pickle entirely covers the meat; if it does not, make more brine from salt and water, and add to it. Place a board on top of the pork, on which put a heavy stone to keep it down. Examine carefully from day to day for at least one week, skimming off whatever may float on the top. In two weeks it will be ready for use, and will keep one year. It may be necessary to make an entirely new pickle in about two months, throwing away the old one.

Pork should be pickled twenty-four hours after killing.

SAUSAGE

15 pounds of lean meat
4 tablespoonfuls of powdered sage
5 pounds of fat meat
5 ounces of salt
2 ounces of pepper
2 ounces of allspice

Chop the meat very fine; this is best done with an "Enterprise Meat Chopper;" it takes but a moment, and the meat is not bruised or mashed as in a grinding machine. Now mix all the ingredients well together. Have ready the "casings," stuff with the meat, tie them into lengths, and put them away in a cool, dry place. If you wish to keep them for a time, twist them around in the bottom of a stone jar or a pan, cover with hot melted lard, and stand away to cool. These will keep one or two months.

TO CLEAN THE CASINGS OR INTESTINES OF THE HOG

Empty them, turn them inside out and wash them well. Soak them in salt water for two days. Now wash them again, cut into convenient lengths, and scrape them on a board with a blunt knife, first on one side, then on the other; when you have them well and carefully scraped, wash again and tie up one end of each length, put a quill in the other end and blow them up; if they are whole and clear they are clean, but if any thick spots are seen they must be scraped again. Now throw them into clean, cold, salt water until wanted.

There is a small machine called a "sausage stuffer," that is most convenient if you have large quantities of sausage to stuff. If you do not use the skin, simply pack the meat into small stone or earthen pots, cover with melted lard; when cold, protect the tops with heavy brown paper tied down tightly, and stand away in a cool place.

TO COOK IN THE SKINS

Take the desired quantity, prick the skins here and there with a sharp fork (this prevents their bursting); place them in a frying-pan over a moderate fire, and fry in their own fat until a nice brown. When done, dish, add one tablespoonful of flour to the fat in the pan, mix, add one cup of milk, stir until it boils, pour over the sausage, and serve with buckwheat cakes.

OUT OF THE SKINS

Make into small cakes, dip into beaten egg and then into bread crumbs, and fry in hot fat.

Or, make into small cakes, fry slowly in their own fat. Serve with cream gravy and buckwheat cakes as above.

OXFORD SAUSAGE (Warne)

1 pound of lean veal
1 pound of beef's suet
Grated peel of half a lemon
6 sage leaves, powdered
1 sprig of savory
1 pound of young pork
½ pound of bread crumbs
1 nutmeg, grated
1 sprig of thyme
1 sprig of marjoram

Free the pork from skin and gristle, and chop it, the veal, and suet, all separately and as fine as possible; then mix together, add the grated bread crumbs, lemon peel, nutmeg, a teaspoonful of pepper, and two of salt, and the sage, thyme, savory and marjoram, all chopped as fine as you can; mix all thoroughly together, and press it down into a prepared skin. When you use them, fry them a fine brown in fresh butter. Serve as hot as possible.

BOLOGNA SAUSAGE

6 pounds of lean beef
1 pound of salt pork
3 ounces of salt
1 teaspoonful of cayenne
3 pounds of lean pork
1 pound of beef's suet
1 ounce of white pepper
1 teaspoonful of ground mace
1 large onion, finely chopped

Chop the meat and suet separately very fine, then mix; add all the seasoning, and mix thoroughly. Fill into casings (in cities you can buy these already cleaned from your butcher), tie them into lengths, or you may use strong linen bags. Make a brine, from Liverpool salt and water, that will bear an egg; put the sausage into it, and let stand two weeks, turning, skimming, and watching carefully every day. At the end of the first week throw away the old, and make a new brine, then smoke for one week. If you have no smoke-house, this can be done under a barrel by simply building a smothered chip fire, hanging the sausages close to the head of the barrel, and standing the open end over the fire. When smoked, rub them over with olive oil, and hang them away in a cool, dry, dark place. If you wish to keep them for any time, sprinkle the outside with pepper. These may be either fried or boiled, served cold and cut in thin slices.

SUMMER SAUSAGE

4 pounds of lean beef
4 pounds of lean pork
1 pound of beef's suet
1 grated nutmeg
½ teaspoonful of cayenne
½ teaspoonful of cloves, ground
1 teaspoonful of sweet marjoram
2 pounds of lean veal
1 pound of fat salt pork
½ ounce of powdered sage
1 chopped onion
1 teaspoonful of white pepper
½ teaspoonful of allspice, ground
1 teaspoonful of thyme
4 tablespoonfuls of salt

Chop the meat and suet separately, and then mix together; add all the other ingredients, and mix well. Pack into small strong muslin bags, making a sausage about the size of the large bolognas, and tie tightly. Place them in a kettle of boiling water and *simmer* gently for one and a half hours. Take them out and place them in the sun, on a clean towel, to dry. Then hang them in a cool place

until next day. Dip them in melted lard, covering them all over, dust lightly with black pepper, and hang in a cold, dark, dry place until wanted. These will keep all summer. When wanted for use, draw the bag off wrong side out, and cut the sausage in thin slices.

BREAKFAST SAUSAGE

To those who are fond of a good breakfast sausage, and do not care to use that prepared by the butchers, I give the following recipe which is simple and as easily made as the ordinary Hamburg steaks:—

2 pounds of lean pork
1 teaspoonful of powdered sage leaves
1 teaspoonful of salt
1 saltspoon of black pepper

Chop the meat very fine (an "Enterprise No. 10 chopper" does this quickly and neatly), add to it the salt, pepper, and sage; mix thoroughly, and form into small cakes. Put an even tablespoonful of dripping in a frying-pan, and when hot cover the bottom of the pan with the sausage cakes; fry until nicely browned on one side, then turn and brown the other. Serve plain or with cream sauce.

ONION JUICE FOR MEAT DISHES

Take the outside skin from a large onion, and then trim off the bottom. Press the onion firmly against a large grater and quickly draw it up and down allowing the juice to drop from one corner of the grater.

WHAT TO SAVE AND HOW TO USE IT

" Waste not, want not "

Save all broken pieces and crusts of bread not fit for toast; put them in a pan and dry (not brown) in a cool oven; better leave the door open or you may forget them. When thoroughly dry, roll them on an old bread board, sift them through a rather coarse sieve; the crumbs that easily pass through put in a box or jar, the ones remaining in the sieve turn out and roll over again and sift as before. These will be found very useful and much better than cracker crumbs for dipping croquettes, oysters, etc.

Pieces of stale bread may also be saved for bread cakes, queen pudding, or bread muffins.

Muffins left from breakfast may be split into halves and toasted for luncheon.

Broken pieces of buns and stale cake make delightful cabinet pudding, and are just the things for "general satisfaction." Here also you may use the small saucer of preserves left from tea.

There is nothing better for panada than stale rusks toasted.

All cold mashed potatoes should be saved for croquettes or potato puff. One cupful will make six croquettes.

Cold boiled potatoes make excellent French fried or Lyonnaise potatoes.

All small pieces of plain or puff paste, trimmed from your pies or patties, may be used for cheese fingers or with the small piece of steak left from breakfast made into rissoles, and you will have an inexpensive but nice entrée for luncheon. The unbaked portion of puff paste taken from the centre of patties, dried and rolled, furnish a richer and better covering for scallops, devils, etc., than the dried bread crumbs.

If you are going to have celery for dinner, the green part of the stalks is not pretty in the glass nor crisp to eat, but is just the thing for stews, or flavoring for soups. The roots, when boiled, make an excellent salad.

The turnip left from yesterday will be just enough for to-day's soup, and will save the time of preparing and cooking another.

Save every bone—whether beef, mutton, veal, ham, poultry or game—as well as all juices left, for the stock-pot. Into this goes the long end of the rib roast, which would only become tasteless and dry if put in the oven; also the fat ends of your French mutton chops. This pot is a store-house of wealth, not only for ordinary soup, or purée, but to use instead of water for sauces and gravies.

The fat which you skim from the surface of this stock, every piece of suet from chops and steaks; in fact, all kinds of fat, should be saved, tried out, clarified, and then strained into your dripping-pot. If you do this religiously, even in a large family, you will have to buy very little or no lard for general frying. Doughnuts and fritters are much better fried in dripping than in lard, as they do not absorb so much of it.

The coarse, tough and unprepossessing tops of the sirloin steaks, and the tough ends of the rumps, which cannot possibly be eaten when broiled, make most excellent, tender Hamburg steaks. If you are fond of these, and have much chopping to do, an "Enterprise" chopper soon pays for itself, as it *saves* time and chops *uncooked* meats.

Pressed Meat No. 1 (see Index) is made from the soup meat; remember, it is rather tasteless unless nicely seasoned.

Cecils are appetizing for breakfast or luncheon, and, unless wantonly suggested by you, it will never enter into the masculine intellect to suspect them of being the remnants of yesterday's roast.

Cold mutton is better made over into pilaff, hash on toast with tomato sauce, and scallop, than when first served.

Beef à la mode makes the very best of ragôuts, and the pieces of game left from dinner are just the thing for a salmi, and there also is a chance to use some of the olives that were opened yesterday and will mould in a day or two if not used.

Cold roast and boiled chicken or turkey may be made into croquettes, à la Béchamel, or à l'Italienne; and, if nicely served, would never suggest warmed-over meats.

A cup of cold, boiled rice added to griddle-cakes, muffins or waffles, makes them lighter and more easily digested.

The water in which fresh tongue, mutton or chicken is boiled, may be used for soup or added to the stock-pot.

After you have used all the ham that will cut nicely from the bone, and after chipping the remaining tender meat for frizzled ham, boil the bone with cabbage. Being free from fat, it flavors the cabbage nicely without making it greasy.

Whites of eggs, saved one or two at a time and kept in a cold place, may be used for angels' food, corn-starch cake, or apple snow; the yolks for salad dressing, gravies or soups.

Cold boiled, baked or broiled fish may be used for croquettes à la crême or salad.

In fact, waste nothing, as many things may be redressed in a different way, and thus improve the appearance of your table without increasing the expense.

Grape Growers Ex. Report
Vol. 1868-9. Page 154.

Ripe grapes crushed in tubs
earthen jars (never using metal
vessels or wooden ones, should be
one gallon of pure soft water
every gallon of pulp or wild
tame cultivated grapes, which
sweeter, half or two thirds
a quantity of water, accor
their acidity. This mixture al
stand two or three days, that th
color of the skins and the aroma m
the extract, or until fermentati
is to take place. Now the pum
strained good or pressed & put in
jugs or casks. To every gallon of the juic
of extract add three pounds of su
sugar, may this be enough, fill the jug full
and stand it in a temperature about

ubarb Jelly.

Cut the sticks in small pieces
t do not peel. Cook in a little
ter until tender. Drain, & let
juice stand several hours.

ch for 5 cups of juice take
4 cups of sugar.

oil the juice 20 minutes, then
d the sugar and boil 10 or
minutes, or till it jellies.

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ppermint Candy

cups Sugar
bsp. Milk
p Essence of Peppermint

l 3 min. - cool - cut into squares.

Boil milk & sug
until it forms ball
in cold water. Ad
butter & take fr
fire. Add

n oche
cup milk
cups brown sugar

Fudge

3 cups sugar
1 cup milk
1 tbsp butter
5 tbsp cocoa
1 tsp vanilla

Boil 15 mi
stirring consta
Take off fire - a
vanilla and
until crea

Butter Scotch

1 Cup Brown Sugar
1/2 " Water
Butter size walnut
1 tsp Vinegar

Boil until it will harden
cold water (about 20 min.)

Cream Nut Candy

1 Cup Nut meats
1/2 " water
2 cups sugar
1/2 tsp. Vanilla

Boil with
stirring u
thick enough
spin a thr
Set in cold
& stir until

Corn Balls
to. Popped Corn
p nuts
nt Molasses

Boil molasses
it forms soft ball
in cold water
Pour over corn &
toss with spoon

nt-Paste.
p raisins
dates
p
chopped nuts
fectioner's sugar

Make dough
sugar & nuts
& egg Knead &
roll out, then
cut into squa

POULTRY AND GAME

POULTRY

In some markets poultry is bought ready dressed from the poulterer; in others, picked but not drawn; in others, again, alive. In case you should meet with the latter, the best and quickest way of killing is by cutting the throat or tongue. Some cut the head entirely off. In either way they should be hung up by the feet without delay, as they then die much sooner, and bleed more freely. Begin at once to pick them, taking a few feathers at a time, and giving them a quick jerk toward the tail. If you pull backward, it is apt to tear the skin. Do not scald them, as young chickens are completely spoiled by being thus blanched. It does not injure older ones so much if they are to be used immediately. After you have picked them, singe, by taking hold of the head and feet and passing them over the gas or blazing paper, backward and forward, turning them on both sides, being careful not to burn the skin.

TO CLEAN

Cut off the head and feet at the first joint, split the skin on the back of the neck, then detach the skin from the neck and draw it down over the breast, and take out the crop without breaking it. Now, cut the neck off close to the

body. The skin is then left to cover the place where the neck was cut off. Turn the chicken around, make a vent under the rump large enough to draw the chicken easily. Take out all the internal organs—the heart, liver, gizzard, lungs, entrails, and eggs, if there are any, being *very careful* not to break the gall-bag or entrails, as the contents of either would render the fowl uneatable unless thoroughly washed. And I will say, right here, never wash or soak poultry or game unless you have broken something; then do it as quickly as possible, and wipe dry immediately. I cannot speak too strongly against this abominable practice. It may be, however, thoroughly washed before it is drawn, and if this operation be done as directed, will not require another bath. I was often puzzled to know why our so-called good cook books should recommend, "soak to draw out the blood" (and, of course, the flavor and nourishment at the same time), "and throw this water away," and perhaps on the next page will be found a recipe for beef tea, which will read: "Soak in cold water to draw out the nourishment, throw away the meat and save the water." This rule applies equally well to all meats. I wonder no longer after seeing the usual way of drawing poultry. In going from one house to another, giving private lessons to ladies in their own kitchens, I have more than once been shocked and almost sickened at the way in which this operation was performed. They first made a gash in the fowl large enough to insert the whole hand, at the same time cutting the intestines and—dragging them one piece at a time—had the whole chicken, their hand and arm covered with filth. Washing can never restore to a chicken thus drawn, its flavor. I would recommend it being thrown away at once, saving your digestive organs the trouble of digesting that from which you do not receive full nourishment.

After drawing properly, wipe inside and out with a damp towel, remove the oil-sack from the top of the rump, and it is ready to use.

TO CLEAN THE GIBLETS

Cut the liver away from the gall-bag, being careful not to break it. Cut the heart open, and remove the clotted blood. Cut the outer coat of the gizzard, and draw it off, leaving the inner lining, containing the sand, unbroken. Wash thoroughly, and they are ready to use.

The giblets consist of the liver, heart, gizzard, and neck.

Turkeys, geese, ducks, pigeons, pheasants, and all birds, are cleaned in the same manner.

TO SELECT A CHICKEN

Buy a chicken with firm flesh, yellow skin and legs. If young, the cock will have small spurs, and both cock and hen will have soft, smooth legs and tender skin; the lower part of the breast bone will be cartilage, soft and pliable. If old, the opposites.

Poultry full grown have the best flavor, and are good for roasting, fricassees, and stewing. Older ones make good soup or may be served boiled. Spring chickens should only be broiled or fried. Be sure that they are fresh, and free from any unpleasant odor. They should be drawn as soon as possible after they are killed, and hung away in a cool, dry place for at least twenty-four hours before cooking. If cooked as soon as killed, they are hard and tough. If frozen, they should be placed in a warm room to thaw several hours before they are wanted.

ROAST CHICKEN WITH GIBLET SAUCE

Procure a nice chicken one year old. Singe and clean as directed. Make a stuffing from one large cupful of stale bread

crumbs, one tablespoonful of melted butter, a tablespoonful of chopped parsley, salt and pepper to taste. Fill the space from which you took the crop, sew up the slit in the skin, fold it over and fasten it on the back of the chicken with a small skewer; put the remainder of the stuffing in the body of the chicken ; do not pack it or the dressing will be heavy. Sew up the vent, place the chicken on a table with the breast up and the rump towards you ; push the legs up under the skin, cross them and fasten with a small skewer to the bone of the rump. Turn the wings back, run another small skewer through them and the body of the chicken. Now tie the legs together, wrap the twine around the end of the skewer and bring it up the back, wrap it around the ends of the wing skewer, and tie tightly. Put two slices of bacon in the bottom of a baking-pan, lay the chicken on them, cover the bottom of the pan with water, add a teaspoonful of salt, and bake in a quick oven fifteen minutes to every pound. Baste every ten minutes, first with the water, and afterwards with its own dripping. Fifteen minutes before the chicken is done, baste the breast of the chicken with melted butter, dredge thickly with flour, and put back in the oven to brown. When done, remove first the strings then the skewers, place on a hot dish and garnish with parsley.

TO MAKE THE SAUCE

Put the giblets in a saucepan and cover with cold water, place on a moderate fire and let *simmer* as long as the chicken roasts. Then cut them fine. Add one tablespoonful of flour to the pan in which the chicken was roasted, stir over the fire until a nice brown, then add a half-pint of the liquor in which the giblets were boiled, stir constantly until it boils; now add the chopped giblets, season to taste, and serve in a boat.

CHICKEN LARDED AND ROASTED

Draw and clean as directed. Tie the legs and wings the same as for Roast Chicken. Lard the breast with small lardoons about an inch apart, making two rows on each side. Place the chicken in a baking-pan, put a tablespoonful of butter and a half-teaspoonful of salt in the pan, place in a quick oven, and baste every ten minutes. Roast fifteen minutes to every pound if the chicken is young. Serve with brown sauce.

CHICKEN STUFFED WITH CHESTNUTS

Draw and clean the chicken as directed. Roast one quart of large chestnuts; when done, remove the shells and mash. Put one-half the chestnuts in a bowl, add a tablespoonful of butter, a teaspoonful of salt, and a dash of pepper, mix and fill the chicken the same as with bread crumbs. Lard the breast thickly with salt pork; place the chicken in a baking-pan, add a half-cup of water and a half-teaspoonful of salt; roast in a quick oven fifteen minutes to each pound, basting every ten minutes. When done, dish, remove the strings and skewers, garnish with parsley. Put the remaining chestnuts in the pan in which the chicken was roasted, mix well, add a half-pint of stock, stir until it boils, add salt and pepper to taste, and serve in a boat.

Chickens may also be stuffed with oyster or potato stuffing.

BOILED CHICKEN

For boiling, select a chicken over a year old, middling fat, and with dark yellow skin. Clean, stuff and truss the same as for roasting. Dredge it thickly with flour, put it in a pot with just water enough to cover, add a quarter-cup of washed rice. Cover the pot closely, and put it over a

moderate fire to *simmer* until the chicken is very tender—about two hours if the chicken is old. When done, remove the strings and skewers, serve with egg or oyster sauce.

The water in which the chicken was boiled may be used for soup.

TO BRAISE A CHICKEN

1 young chicken	½ small carrot
1 onion	1 pint of stock
1 sprig of parsley	4 cloves
1 bay leaf	12 mushrooms

1 gill of sherry, if you use wine

Draw and singe the chicken as directed. Truss it without filling. Place the carrot and onion sliced in the bottom of a baking or braising-pan, add the cloves and parsley, and place the chicken on top; add the stock, a teaspoonful of salt and a little black pepper; cover the pan, and place in a quick oven for one and a half hours, basting every fifteen minutes. Then dish the fowl. Put a tablespoonful of butter in a frying-pan, let it melt and brown; then add a tablespoonful of flour, mix, add the liquor from the pan in which the chicken was braised, and then the mushrooms, chopped fine. Stir continually until it boils. Take it from the fire, season to taste, add the wine if used, and pour it around the chicken.

SMOTHERED CHICKEN

Singe a young chicken and split it down the back. Take out the intestines. Wipe it with a damp towel. Lay the the chicken, with inside downwards, in a baking-pan, breaking the breast-bone to make it lie flat. Spread the breast with a quarter-pound of butter, dredge with pepper. Put a teaspoonful of salt and a half-cup of water in the bottom of the baking-pan, place it in a hot oven, cover with another pan, let it bake for half an hour, basting every

ten minutes. Now remove the upper pan, turn the chicken, baste it well on the inside, cover again, and bake for another half-hour. When done, place it on a hot dish; put the pan in which the chicken was cooked on top of the fire to brown, add one tablespoonful of flour, and stir until smooth and brown, then add a half-pint of milk, and stir constantly until it boils. Taste to see if properly seasoned; if not, add salt and pepper. Serve in a boat.

A BROWN FRICASSEE OF CHICKEN

Draw and singe the chicken as directed. Cut it into *eleven* pieces. First take off the legs with second joints, then separate the second joints from the leg, making four pieces; take off the wings. Now cut through the ribs on either side, unjoint the back and breast, cut the breast in half lengthwise, making two nice pieces; unjoint the back, and make two pieces of lower back. Place a quarter-pound of salt pork or two ounces of butter in a saucepan; when a nice brown, put in the chicken. Stir until every piece is nicely browned, then add two tablespoonfuls of flour; stir again, add one pint of boiling water or stock, stir until it boils; add a teaspoonful of salt. Cover, and let *simmer* gently until tender, then add a teaspoonful of onion juice, and a little black pepper. Dish. Put the neck-piece, heart, liver, gizzard, and the back pieces in the centre of the dish; put the two pieces of breast on top, the second joints on one side of the plate, the legs crossed on the other, and a wing at each end of the plate. Pour the sauce over, sprinkle with chopped parsley, and serve.

A WHITE FRICASSEE OF CHICKEN

Clean and cut the same as for a Brown Fricassee. Clean the giblets. Now put the whole in a stewing-pan, partly

cover with boiling water, set over a moderate fire, and *simmer* until tender (about an hour and a quarter if the chicken is young). When the chicken is done, there should be no water left; if there is, remove the lid, and allow it to evaporate quickly. Dish the chicken same as before. Put one large tablespoonful of butter in a frying-pan; and when melted, add two tablespoonfuls of flour; mix well, but do not brown. Now add one pint of milk, turn the whole into the stewpan in which the chicken was boiled, and stir continually until it boils; add salt and pepper to taste, take it from the fire, add the beaten yolks of two eggs, pour it over the chicken, sprinkle with a tablespoonful of chopped parsley, and serve with rice croquettes. Do not boil after adding the eggs, or the sauce will curdle.

STEWED CHICKEN

Clean and cut the chicken as for Brown Fricassee. Put it in a stewpan, partly cover with boiling water, and *simmer* gently until tender (a young chicken about an hour and a quarter, an old one two hours to two and a half). When about half done, add a teaspoonful of salt. When the chicken is done, dish it as directed for a fricassee. Moisten two tablespoonfuls of flour with a little cold water, stir it into the liquor in which the chicken was boiled; then stir continually until it boils, add salt and pepper to taste and a half-cup of good cream. Take it from the fire, add the beaten yolk of an egg, pour it over the chicken, and serve.

CHICKEN au SUPRÊME

This is a white fricassee made from the breasts of chickens only. Take a pair of chickens, clean as directed; detach the flesh from each side of the breast bone carefully in two long pieces, called fillets. In two chickens you will have

four pieces. Cut the remainder of the chicken as you would for a fricassee, put it in a saucepan and nearly cover with cold water; add one small onion, sliced, one bay leaf, four cloves, and a blade of mace. Cover, and bring slowly to a boil. Now place the fillets carefully over the top of this, and *simmer* gently until tender (about one hour), sprinkling them with salt, when half done. When done, dish the fillets tastefully, and stand in a warm place while you make the sauce.

THE SAUCE

Put one large tablespoonful of butter in a frying-pan to melt, then add one tablespoonful of flour. Mix until smooth; add a half-pint of the liquor in which the chickens were cooked, stir continually until it boils, then add salt and pepper to taste, and take from the fire; add one tablespoonful of cream, the yolks of two eggs, and a tablespoonful of chopped parsley. Pour over the fillets, and serve.

This may be served plain, with truffles, mushrooms, or a border of rice.

The dark meat may be used for croquettes, cecils, Italian chicken, or chicken terrapin.

CHICKEN à la MARENGO

Clean and cut up a young chicken as for fricassee. Put two tablespoonfuls of olive oil in a frying-pan and place it over a good fire; when hot, put in the chicken, and turn and cook until every piece is nicely browned, then add a sprig of parsley, a bay leaf, one slice of onion, a half-teaspoonful of salt, a quarter-teaspoonful of black pepper, and five mushrooms chopped fine. Stand over a more moderate heat, and cook slowly until tender (about three quarters of an hour). Dish, and serve with cream sauce.

PILAFF OF CHICKEN

1 four-pound chicken
½ cup of rice
1 teaspoonful of salt

Clean and cut the chicken the same as for a fricassee. Put it in a stewpan, half cover it with boiling water, and set it on a moderate fire to *simmer*. Now wash the rice, add it to the chicken, also the salt, and let all *simmer* until the chicken is tender. Make a tomato sauce. Dish the chicken and rice together, and pour over it the tomato sauce.

This dish is very nice made from cold pieces of chicken or mutton.

You may also use macaroni instead of rice.

BRUNSWICK STEW (Mrs. Cobb, of Richmond, Va.)

1 chicken (four pounds)
4 medium-sized potatoes
1 pint of grated corn
½ pound of lean ham
1 tablespoonful of chopped parsley
1 quart of tomatoes
1 pint of very tender Lima beans
1 large onion
¼ pound of butter
3 quarts of boiling water
Salt, cayenne and black pepper to taste

Draw, singe, and cut up the chicken as for a fricassee. Put it in a large saucepan with the boiling water, the onion sliced and ham cut into dice. Cover the saucepan and *simmer* gently for one and a half hours. Then add the salt, the tomatoes peeled and sliced, the potatoes pared and cut into quarters, the corn, beans, parsley, cayenne and black pepper. Cover again and *simmer* one hour longer; then add the butter cut into bits and rolled in flour; stir five minutes over the fire, and serve.

Great care must be taken or the stew will scorch. Keep it over a very moderate fire, and stir frequently from the bottom of the saucepan.

This stew, if carefully prepared, is most delicious. It may be made in winter from the canned vegetables; but, of course, is not so good.

CURRY OF CHICKEN

Clean and cut the chicken the same as for a fricassee. Put two ounces of butter into a frying-pan. Cut one small onion into slices, add it, with the chicken, to the butter, and fry until a golden brown; then skim the chicken out of the pan, carefully put it in a stewing-pan and partly cover with boiling water, add a half-teaspoonful of salt, and *simmer* gently until the chicken is tender (about one hour). When done, add to it a teaspoonful of sugar and the juice of half a lemon. Mix one even tablespoonful of curry powder and one of flour, with a little cold water, to a smooth paste, and add it to the chicken. Stir continually until it boils. Serve with boiled rice heaped around it; or, a teaspoonful of curry powder may be added to a white fricassee or a plain stew.

FRIED CHICKEN

Clean and cut the chicken the same as for a fricassee. Dredge each piece thickly with salt, pepper and flour. Put three tablespoonfuls of oil or lard in a frying-pan; and when very hot, put in the chicken, and fry slowly until it is done. If young (as it should be), it will fry in three-quarters of an hour. Watch it carefully that it may not burn. When done, arrange the pieces on a hot dish. Pour all the fat, but about one tablespoonful, from the frying-pan; then add a tablespoonful of flour, mix and add a half-pint of milk or cream, stir, season with salt and pepper, and pour over the chicken.

SPRING CHICKENS (TO BROIL)

Singe, take off the head and feet, and split the chicken down the back; take out the internals, wipe the chicken, inside and out; with a mallet break the breast-bone. Dust the chicken on the inside with salt and pepper; place it on a broiler with inside downward or next to the fire. Broil over a slow fire three-quarters of an hour, keeping a plate turned over it all the time. Just before it is done, turn it and brown the skin side. When done, place on a heated dish, baste with melted butter, and season with salt and pepper.

Spring chickens may also be fried or smothered.

CHICKEN à la TARTARE

Take a spring chicken, split it down the back as directed. Place it in a baking-pan, spread it thickly with butter, dust with salt and pepper, sprinkle with a tablespoonful of chopped parsley and the same of chopped onion. Cover the pan, place in a quick oven for three-quarters of an hour. Then take it from the pan, brush it over with beaten egg, strew with bread crumbs, and broil over a gentle fire until a nice brown. Serve with sauce Tartare.

CHICKEN CHOPS

FOR THE FORCEMEAT

White meat of one chicken
1 gill of bread crumbs
Yolk of one egg
1 gill of milk
1 tablespoonful of chopped parsley
Salt and pepper

FOR THE CHOPS

Dark meat of one chicken
1 bay leaf
Yolk of one egg
1 tablespoonful of butter
1 onion
½ box of gelatine
2 large tablespoonfuls of flour
Salt and cayenne

Put the dark meat in a saucepan, just cover it with boiling water, add the onion and bay leaf, and let it *simmer* slowly until the chicken is tender (about one hour). Cover the gelatine with a half-cup of cold water, and let it soak while the chicken is stewing. As soon as the chicken is tender, take the meat from the bones and chop it very fine. Put the butter into a frying-pan; and, when melted, add the flour, mix until smooth, and then add a half-pint of the liquor in which the chicken was boiled; stir constantly until it boils and thickens, then add the gelatine, the yolk of the egg, salt and cayenne to taste; mix well, and turn into a shallow pan, having the mixture about a half-inch thick. Stand away on the ice to harden.

Now prepare the forcemeat. Chop the uncooked white meat of the chicken *very* fine. Put the milk on to boil, add to it the crumbs, stir until it thickens; add to it the chopped chicken, parsley, a teaspoonful of salt, and a dash of cayenne. Mix all well together, take from the fire, add the yolk of the egg, and turn out to cool.

When the chop mixture is cold, cut it into chop-shaped pieces with a knife; cut as closely as possible, wasting none of the mixture. Lift each chop carefully from the pan, and cover every part with a thin layer of the forcemeat. Stand them on the ice for fifteen minutes, then dip them in beaten egg, then in bread crumbs, and fry them in boiling oil or fat. Serve with cream sauce.

CHICKEN CUTLETS

Draw and singe a young chicken as directed. Cut the skin and draw it entirely off of the breast. Take off the wings at the second or middle joint, not the one nearest the body. Now run a sharp knife along the breast-bone, removing one-half the breast in one solid piece with the first joint of the

wing, thus making a chop or cutlet of one-half the breast with the first joint of the wing bone as a handle. Remove the other side in the same way. One chicken will only make two cutlets. The dark meat may be used for croquettes or other dishes. Put the dark meat in a stewpan and nearly cover with boiling water; add a small onion, a bay leaf, four cloves and a sprig of parsley; place the cutlets in good shape on top of this, cover, and let *simmer* gently until tender—this can be told by piercing with a fork. When done, take out the cutlets, dust them with salt and pepper, and baste with a tablespoonful of melted butter. Stand the dark meat away until wanted. Let the cutlets stand until cold, or until you are ready to use them. Then dip them first in egg and then in bread crumbs, and fry in boiling fat until a golden brown. Trim the bones with a frill of paper, arrange the cutlets around the outside of a meat dish, fill the centre with cream sauce, and serve.

CHICKEN CROQUETTES

1 four-pound chicken	1 pair of sweetbreads
1 small onion	4 whole cloves
1 bay leaf	1 sprig of parsley

Clean and singe the chicken as directed. Put it on to cook in boiling water; add the onion, bay leaf, cloves and parsley. Cover and *simmer* gently until the meat is very tender. While this is cooking, prepare the sweetbreads. Trim all the fat and pipes off, wash well in cold water, and soak for fifteen minutes; drain, cover with boiling water, add one teaspoonful of salt, and stand over a very moderate fire for twenty minutes. Do not *boil*, as it makes them very tough. When done, throw them into cold water for a few minutes, remove the fibrous skin from the outside, and chop the sweetbreads fine with a silver knife. A steel knife spoils the flavor on account of the acid they contain. As

soon as the chicken is done, remove the skin and bones, put them back in the kettle to *simmer* longer, add salt, and the liquor may be used for soup. Chop the meat *very fine*, then mix it with the sweetbreads, and to every pint of this meat allow

½ pint of milk or cream
1 large tablespoonful of butter
2 large tablespoonfuls of flour
1 large tablespoonful of chopped parsley
1 teaspoonful of onion juice
1 teaspoonful of salt
¼ teaspoonful of nutmeg, grated
Cayenne and pepper to taste

Put the milk on to boil in a farina boiler. Rub the butter and flour to a smooth paste, then stir it into the boiling milk, and stir continually until it is very thick; take it from the fire, add the meat, and beat until thoroughly mixed; add the seasonings, tasting to see if enough salt and pepper; then turn out on a large plate to cool. When cold and hard, form into cone-shaped croquettes. (There are moulds that come for this purpose.) Dip first in egg and then in bread crumbs, and fry in *boiling* oil or fat. Serve at once with a small sprig of parsley in the top of each croquette.

To warm over, place them on soft paper and stand them in the oven for a few moments. Cold roast chicken or turkey may be made into croquettes; you may also use calf's brains instead of sweetbreads, prepared in the same manner.

Where the family is small, the white meat of the chicken may be used for salad, and the dark for croquettes. With a pair of sweetbreads, a four-pound chicken will make a quart of nice soup, nine croquettes, and one and a half pints of chicken salad; using all the meat, you make thirteen croquettes.

CHICKEN CECILS

Chicken Cecils may be made the same as Meat Cecils, using chicken instead of beef or mutton.

CHICKEN TERRAPIN

Boil the chicken the same as for Chicken Croquettes, and cut it into dice. To every quart of the cut meat allow

3 hard-boiled eggs
¼ teaspoonful of ground mace
1 tablespoonful of flour
1 gill of sherry
¼ pound of butter
½ cup of cream
⅛ teaspoonful of ground cloves
Salt and cayenne to taste

Put the chicken in a saucepan. Rub the butter and flour together, add it to the chicken, then add the seasoning and cream. Stand over a very moderate fire until thoroughly heated. Chop the whites of the eggs *very, very* fine, then add them to the chicken. Mash the yolks of the eggs, with two or three tablespoonfuls of cream to a smooth paste, then add to the chicken and stir the whole over the fire until it comes to the boiling point; add the wine, and serve immediately.

More or less wine may be added according to taste.

Calf's liver, after parboiling for fifteen minutes, is delicious dressed in this same manner.

BOUDINS à la REINE

1 pint of cold cooked chicken, chopped fine
1 tablespoonful of butter
2 tablespoonfuls of dried bread crumbs
½ cup of stock or boiling water
2 eggs
¼ nutmeg, grated
1 tablespoonful of chopped parsley
Salt and pepper to taste

Put the butter in a frying-pan to melt, add to it the bread

crumbs and stock; stir until it boils. Take from the fire, and add the chicken, parsley, nutmeg, salt and pepper, and then the eggs slightly beaten; mix thoroughly. Now fill tea or custard cups two-thirds full with this mixture, stand in a baking-pan half filled with boiling water, and bake in a moderate oven for twenty minutes. When done, turn them out carefully on a heated dish, and pour around them cecil sauce.

Remains of cold roast or boiled turkey may be used in the same way.

CHICKEN à l'ITALIENNE

Cold roast or boiled chicken may be used for this dish. If a chicken is cooked specially, boil as directed for chicken croquettes. Cut the meat into dice, and to every pint of meat allow

1 tablespoonful of butter
1 tablespoonful of flour
12 drops of onion juice
3 hard-boiled eggs
1 gill of cream or milk
1 gill of stock
Salt and pepper to taste

Put the butter in a frying-pan to melt, add to it the flour, and stir until thoroughly mixed; then add the stock and cream; stir again until it boils. Take from the fire, add the chicken and seasoning. Mix carefully, and stand it over boiling water until thoroughly heated. Take from the fire, and dish. Press the yolks of the hard-boiled eggs through the "Hennis Vegetable Press," or through a fine sieve, and sprinkle them lightly over the top, and it is ready to serve.

This may also be served in individual dishes or in paper cases.

CHICKEN à la BÉCHAMEL

1 pint of cold chicken, cut into dice
1 tablespoonful of butter
1 tablespoonful of flour
½ pint of cream or milk
2 tablespoonfuls of white stock
6 mushrooms, chopped fine
1 sweetbread
Salt and pepper to taste

Clean and parboil the sweetbread for twenty minutes as directed. Pick it to pieces, rejecting all the fibrous skin, and mix with the chicken. Put the butter in a frying-pan to melt, being careful not to brown it; when melted, add the flour and mix well, then add the cream or milk and stock; stir continually until it boils; add the chicken, sweetbread, and mushrooms, salt and pepper; stir carefully until thoroughly heated, and serve either in individual dishes or paper cases.

DEVILED CHICKEN

Chop very fine any pieces of cold cooked chicken that may be left. To every pint of this meat allow

½ pint of cream
1 tablespoooonful of butter
1 tablespoonful of chopped parsley
3 hard-boiled eggs
2 tablespoonfuls of bread crumbs
¼ nutmeg, grated
Salt and cayenne to taste

Put the butter in a frying-pan to melt, then add the bread crumbs, cream, chicken, and seasoning; stir over the fire until it boils; then add the hard-boiled eggs chopped very fine. Fill paper cases or individual dishes with this mixture, sprinkle lightly with bread crumbs, and brown in a quick oven.

CHAUD FROID OF CHICKEN

1 cold roast chicken
1 tablespoonful of flour
1 tablespoonful of butter
½ pint of milk or cream
Salt and pepper to taste

Strip the skin carefully from the chicken, and cut the meat into nice pieces, about an inch and a half long and an inch

wide. Now put the butter in a frying-pan to melt, add to it the flour; mix until smooth; add the milk or cream, stir continually until it boils and thickens; add salt and pepper. Into this sauce dip each piece of chicken, and place the pieces on a dish, one not touching the other. Stand away until very cold. When cold, arrange the pieces nicely on a dish, sprinkle them with a little parsley chopped *very* fine, garnish with aspic jelly and parsley, and serve.

BLANQUETTE OF CHICKEN

A blanquette may be made from any cold cooked chicken or veal, cut into pieces about half an inch square. To every pint of these pieces allow

1 gill of stock or water	1 tablespoonful of butter
1 gill of milk or, better, cream	1 tablespoonful of flour
	Yolks of two eggs

Salt and pepper to taste

Put the butter in a frying-pan to melt (do not brown); then add the flour; mix until smooth; add the stock, cream, salt, and pepper; stir continually until it boils; then add the meat, and stand over a very moderate fire until hot. Take from the fire, add the yolks well beaten, and serve at once in a small heated dish.

Do not boil after adding the yolks, or it will curdle.

CHICKEN LIVERS en BROCHETTE

Scald the livers and soak them in the boiling water for five minutes. Cut breakfast bacon into pieces the size of the livers. Drain and wipe the livers; then put one piece on a steel or silver skewer, then a piece of bacon, and so on, until the skewer is nearly filled—about three of each on a six-inch skewer. Now dredge with salt and pepper, and baste with melted butter. Broil over a clear fire for five minutes. Serve on the skewers, with a little melted butter poured over them.

BAKED CHICKEN PIE

1 four or five-pound chicken
4 medium-sized potatoes
½ pound of ham
1 tablespoonful of butter
1 tablespoonful of chopped parsley
Salt and pepper

Draw, singe, and cut the chicken the same as for a fricassee; put it into a saucepan, cover with boiling water, and *simmer* for an hour or so—until the meat is tender when pierced with a fork. Now proceed in exactly the same manner as directed in the recipe for Veal Pie. Serve in the baking-dish.

Rabbit and squirrel baked pie may be made in the same way, using two young rabbits or four squirrels instead of one chicken.

CHICKEN POT-PIE

1 large year-old chicken
The rule for plain suet paste
1 pound of lean ham
4 medium-sized potatoes
Salt and pepper

Make the paste first and stand it in a cool place while you draw and singe the chicken. Cut it up as for a fricassee; pare and cut the potatoes into dice, cut the ham the same size. Now roll out half the paste into a thin sheet. Butter the sides and bottom of a rounding pot, line it with the sheet of paste, and trim the top; roll out these trimmings into a sheet, and cut them into squares. Now put a layer of chicken in the bottom of the pot, then a layer of potatoes, then a sprinkling of ham, salt, pepper, and the squares of paste, then the remainder of the chicken, and then the potatoes, etc. Roll out the remainder of the paste, make a hole in the middle of it, and lay it on top of the last layer, which should be potatoes. Pour in through this hole about one quart of boiling water, place it over a moderate fire, and *simmer* continually for one and a half hours. Half an hour before the pie is done, add one

tablespoonful of butter, cut into bits, through the hole in top crust. When done, turn it out on a large dish so that the bottom crust will be uppermost.

Rabbit or squirrel pot-pie may be made in the same manner, using two rabbits or three squirrels.

CHICKEN SOUFFLÉ

1 pint of cold chopped chicken
1 tablespoonful of butter
1 tablespoonful of chopped parsley
1 pint of milk
½ teaspoonful of salt
2 dashes of pepper
1 tablespoonful of flour
3 eggs
½ cup of stale bread crumbs

Put the butter into a small saucepan, and, when melted, add the flour, and mix until smooth; then add the milk, stir continually until it boils; add the crumbs; cook one minute. Take from the fire, add salt, pepper, parsley, chicken, and the yolks of the eggs well beaten. Beat the whites of the eggs to a stiff froth, stir them into the mixture carefully. Pour into a greased baking-dish, and bake in a quick oven for twenty minutes. Serve immediately, or it will fall

CASSEROLE OF CHICKEN

2 cups of rice
3 quarts of cold water
1 tablespoonful of salt
1 tablespoonful of butter
½ cup of cream
Pepper to taste

Wash the rice in cold water, put it in a saucepan with the cold water. Boil slowly for one hour, then drain in a colander, mash, and add the butter, cream, salt, and pepper. Brush a casserole or raised pie mould with butter and then with cold milk. Press the rice into this, and stand away to cool; when cool, take out the centre of the rice, leaving a wall and bottom about one inch thick. Fill this cavity with a nice white fricassee of chicken. Use the rice taken

out for an upper covering. Be careful not to press out the sauce when covering. Brush the top over with beaten egg, and put in a quick oven to brown. When brown, place on a dish, draw the little rods that fasten the mould together, and remove the mould, leaving the bottom under the casserole on the dish. It will not show, and it spoils the casserole to move it. If your mould has no bottom, it must be browned on the dish you serve it on. Pour stewed mushrooms around, and serve.

MARBLED MEAT

1 good-sized chicken (five pounds)
6 sheep's tongues
2 hard-boiled eggs
1 pound of ham or bacon
¼ teaspoonful of mace
6 mushrooms
2 tablespoonfuls of chopped parsley
½ teaspoonful of cloves
1 tablespoonful of onion juice
Salt and pepper

Clean the chicken, and take all the meat from the bones. Cover the sheep's tongues with cold water, and boil gently for two hours; then skin and cut them into thin slices. Chop the ham or bacon; cut the hard-boiled eggs into slices; grease a mould (with a cover), put in a layer of chicken, then a layer of sheep's tongues, then a layer of ham, then a layer of hard-boiled eggs sliced, then a sprinkling of the mushrooms chopped fine, parsley, cloves, mace, salt, pepper, and a few drops of the onion juice, then another layer of chicken, and continue these alternations until all is used. Press all well together, cover the mould, stand it in a pot of boiling water, and boil two hours. Do not have the water deep enough to cover the mould. When done, remove the lid and stand away to cool. Then turn

it out of the mould, and garnish with aspic jelly or parsley and slices of lemon.

The bones of the chicken may be used for making soup.

CHICKEN IN JELLY

1 four-pound chicken	1 small onion
1 bay leaf	3 whole cloves
1 blade of mace	¼ box of gelatine
3 hard-boiled eggs	Salt and pepper to taste

Clean the chicken and cut it up as for a fricassee. Put it on to cook with the onion, bay leaf, cloves, mace and pepper. *Simmer* slowly until the chicken is tender (about one and one-half hours if the chicken is young). When done, take it out, cut it from the bones in nice pieces, rejecting all the skin. Now put the bones and skin back into the kettle and *simmer* one hour longer. Cover the gelatine with a little cold water, and let it soak an hour. Put the chicken away until the next day. Add the gelatine to the liquor, stir over the fire about one minute, take from the fire and strain. If not clear, clarify the same as Bouillon. Taste to see if properly seasoned—if not, add more salt and pepper—and stand it away also. There should be about one and a half pints of liquor when done. The next day, take all the fat from the top of the jelly, stand the jelly on the fire to melt, then pour into a square mould about a half-pint, and stand it on the ice to harden. When hard, put a layer of the chicken on top of the jelly, then slices of the hard-boiled eggs, sprinkle lightly with salt and pepper, then more chicken, and so on until all is used. Now pour over this the remainder of the jelly, which should be cold, but still liquid, and should just cover the chicken. Stand away in a cold place over night. When wanted, turn carefully from the mould, and garnish with parsley or light-colored celery tops.

BONED CHICKEN

1 pair of year-old chickens
½ pound of sausage meat
1 tablespoonful of chopped parsley
1 cup of stale bread crumbs
1 teaspoonful of salt
1 teaspoonful of onion juice
¼ teaspoonful of pepper

Singe the chickens, cut off the heads and feet. The one that has the smoothest and best skin should be boned carefully for the outside; the other one may be used for the inside.

TO BONE

Place the chicken on the table with the breast down; take a very small, sharp-pointed knife and cut the skin from the neck to the rump, down the backbone. Now carefully and slowly run the knife between the bones and flesh toward one of the wings. When you come to the thin bone, and the joint nearest the body, unjoint, and then separate it from the body; now run the knife between the flesh and the bone of the wing, and remove each bone as you come to the joint; the small bones in the tips of the wings cannot be taken out, so they may be either left on or cut off—the first is best. Now run the knife close to the bones until you come to the third joint of the legs; by twisting and cutting this joint, it will easily open, then separate it from the body; take the bones out of the leg in the same manner as the wing. The lower leg-bone can be taken out easily by turning it wrong side out and stripping the bone down. Now run the knife between the bones and flesh, on the same side, until you come to the breast-bone. Then turn the chicken and bone the other side the same. Now pull out the crop; then take the neck in one hand and the flesh and skin in the other, and gently pull the flesh, and you will partly uncover the upper part of the breast-bone; now take your finger and press the flesh from the breast-bone till you come to

the edge, then lay the chicken on its back; let some one take hold of it by the neck. Now take hold of the flesh and skin of the neck with your left hand, and pulling it gently down, with the knife cut the skin *carefully* from the breast-bone, the carcass coming out whole. All along this bone there is no flesh between the skin and bone, so it requires great care not to cut the skin, it should be perfectly whole without one break when the chicken is finished. After removing the carcass, cut off the rump, leaving it attached to the flesh and skin; see that it is clean, wipe the skin with a damp towel, and spread the chicken out flesh side up; dredge it with salt and pepper. Cut up the other chicken, take the meat from the bones and chop it fine. Mix it with the sausage meat, add the crumbs, salt, pepper, parsley, and onion juice, and mix again. Take a small portion of this forcemeat and press carefully into the wings and legs where the bones have been taken out; form the remainder of it into a roll the shape of the carcass, and place it in the boned chicken; draw the skin together and sew it up from the neck to rump. Now turn it over on its back, tuck the wings back, and draw the legs down to the side of the body, press it with your hands until it is the shape of the chicken before you boned it. It is impossible to give it the exact shape; it will look more like a duck than a chicken. Now wrap it up tightly in a towel, tie with twine, running it all around so that it cannot open in any place. Now place the bones from both chickens and the skin from the one you chopped in a kettle, pour in cold water enough to cover them, and a little more. Add a knuckle of veal, one bay leaf, one onion, four cloves, a sprig of parsley, twelve pepper-corns, a small-sized carrot, sliced. Stand it over a moderate fire; at the first boil, skim it, add salt; lay the boned chicken on top of these, cover the kettle, and *simmer* gently for four hours. When

done, take it from the kettle, remove the towel, and stand away to cool. *Simmer* the bones two hours longer, then strain and stand the liquor away to cool. When cold, take the fat from the top. There should be two quarts of this jelly. If a knuckle of veal is not at hand, cover one box of gelatine with one pint of cold water and soak one hour. After you have taken the fat from the jelly, put into a saucepan to melt; when melted and hot, add the soaked gelatine and stir until dissolved. Be sure that there are two quarts of the jelly; if not, add hot water to make the quantity. Season with salt and pepper to taste. Pour a layer about half an inch deep in an oblong basin or mould, stand away to harden, then lay the chicken on top and pour over and around it the remainder of the jelly, which must be cold but liquid, and should just cover the chicken; now put it in a very cold place over night. When wanted, wipe the mould with a warm cloth, and turn carefully out; garnish with parsley and sauce Tartare.

Or, when the chicken is done, remove the towel, place the chicken in a baking-pan, baste it with water, dust it with salt and pepper, and brown in a quick oven about thirty minutes. Stand it away to cool. Make the jelly as directed, season and put away to harden in a shallow pan. When hard, remove the fat, and chop half of the jelly on a towel with a silver knife. Place the chicken on a flat dish, and put the chopped jelly all over it about a half-inch thick; cut the remaining jelly into squares (about an inch) or fancy shapes, and place them around the dish, forming a border of jelly. In summer this is the better way, as the jelly melts so quickly. It may also be served without jelly, garnished with parsley or white celery and sauce Tartare. The liquor in which it was cooked may then be used for soup. A boned chicken may be kept four or five days.

PRESSED CHICKEN

An old chicken may be used for this.

Draw and singe as directed. Wipe well with a damp towel, put in a kettle and cover with cold water. Place over a moderate fire, and *simmer* gently until the meat falls from the bones; add one teaspoonful of salt when about half done. It will take about three or four hours to cook, if the fowl is old. When done, take the meat from the bones and cut it into small pieces, not over a half-inch square. Put the bones and skin back into the kettle, and boil until the liquor is reduced to one and a half pints, then strain, and season to taste with salt and pepper. Mix this with the chicken, pour the whole into a square tin mould and stand in a very cold place over night. A light weight may be placed on top to press it together, a flat-iron on a small board is best. When hard and cold, turn out of the mould, garnish with parsley, and serve.

This is nice for picnics or a tea dish in summer.

CAPONS

A caponed chicken is drawn, cleaned, and singed in the same way as a common chicken. It may be roasted or boiled according to the recipes given for chicken, or stuffed with truffles and roasted, according to the recipe given for Turkey Stuffed with Truffles. A capon thus prepared makes a very *recherché* dish.

TURKEY

Young hen turkeys are best for roasting. The legs should be black, the skin white, the breast broad and fat; and the shorter the neck the better. An old hen has reddish rough legs. A gobbler, if young, should have black legs and small spurs, and is always much larger than the hen of the

same age. The flesh of an old gobbler is strong and tough, and it can be told by its reddish legs and long spurs.

ROAST TURKEY WITH GIBLET SAUCE

Clean and prepare exactly the same as Roast Chicken, using double the amount of stuffing, and roasting fifteen minutes to every pound.

ROAST TURKEY STUFFED WITH CHESTNUTS

Follow the recipe given for Chicken Stuffed with Chestnuts using double the amount of chestnuts.

ROAST TURKEY STUFFED WITH TRUFFLES

For this procure a fresh young hen turkey. Draw and singe according to directions given for chicken. Cut one pound of ham into dice, stand over a moderate fire in a saucepan; when hot, add two pounds of truffles, quarter of a nutmeg grated, a quarter-teaspoonful of white pepper and a bay leaf; stir over the fire for fifteen minutes, and stand away to cool. When cold, put two tablespoonfuls of the mixture into the space from which the craw was taken, put the remainder into the body of the turkey, and sew it up. Truss, and hang it up in a cool, dry place for about five days in winter; in warmer weather, two days. Roast as directed in preceding recipe, and serve with truffle sauce.

A turkey is delicious stuffed with mushrooms in the same way.

COLD ROAST TURKEY

The remains of cold roast or boiled turkey may be used in croquettes, bodines, blanquettes, terrapin, or any of the numerous dishes given for cold chicken.

BOILED TURKEY No. 1

Draw and singe the turkey as directed for chicken. Truss, but do not stuff. Put into a kettle, large enough to hold

the turkey, one tablespoonful of butter, one tablespoonful chopped parsley, and, if you like, a teaspoonful of chopped onion; place it over a good fire, and, when the butter is hot, add water enough to cover the turkey. Take a cloth of suitable size, flour it well, and wrap around the turkey, then tie with twine. Put it in the kettle of boiling water, and *simmer* gently fifteen minutes to every pound. When done, remove the cloth and serve with oyster, egg, or bread sauce.

BOILED TURKEY No. 2

2 cups of bread crumbs
1 tablespoonful of butter
½ small onion
2 bay leaves
1 quart of stock
25 oysters
1 large tablespoonful of parsley
4 cloves
Salt and pepper to taste

Draw the turkey; wipe it, inside and out, with a damp towel.

TO MAKE THE FILLING

Drain the oysters, add them to the bread crumbs, then add the butter, parsley, one teaspoonful of salt and a dash of pepper; mix all together.

Fill and truss the same as in Roast Chicken. Now place the turkey in a baking-pan, spread the breast with butter, and put in a very quick oven to brown, about a half-hour. Then take it from the oven, put it into a soup kettle with the onion, bay leaves, cloves and stock. Cover, and let *simmer* slowly for two hours, or until the turkey is tender. Serve with the following or oyster sauce:—

THE SAUCE

1 tablespoonful of butter
½ pint of the liquor in which it was boiled
1 tablespoonful of flour
Yolk of one egg
Salt and pepper to taste

Put the butter in a frying-pan to melt, add to it the flour,

mix well; add the liquor, and stir constantly until it boils; add salt and pepper, take from the fire, and add the beaten yolk.

If you use wine, four tablespoonfuls of sherry may be added to the stock when you put the turkey on to *simmer*.

Serve cranberry sauce with it.

BONED TURKEY

To bone, proceed in exactly the same manner as for Boned Chicken. When boned, fill with the following:—

1 pair of chickens weighing about eight pounds
1 cold boiled tongue
1 pint of mushrooms or truffles
1 pound of sausage meat
2 tablespoonfuls of chopped parsley

Chop the uncooked meat of the chickens very fine. Cut the tongue into very thin slices. Cut the mushrooms also into slices; spread the turkey out on the table, with the inside up and the rump towards you; dust it well with salt and pepper. Now put on a layer of sausage meat, then a layer of mushrooms, then a layer of chopped chicken, then a layer of tongue, then a sprinkling of parsley and so on until you have used nearly all the materials given. Mix the remaining materials, which should be just enough to fill the wings and legs. Bring the two sides of the skin together, giving the turkey a round form, sew it up, turn it over, tuck back the wings and fasten them with a small skewer; bring the legs down by the side of the turkey and fasten them in the same way. Now finish in precisely the same manner as a boned chicken. (See directions given for Boned Chicken, and read the whole recipe very carefully before beginning.)

In selecting poultry to bone, choose those at least a year and a half old, with a smooth, perfect skin, and dry picked.

GALANTINE OF TURKEY

Select a nice fat hen turkey weighing about twelve pounds. Singe, but do not draw. Bone as directed. (See Boned Chicken). Turn the legs and wings inside out, and draw them inside of the turkey. Now bone a chicken, turn the legs and wings in the same way, dredge both with salt and pepper. Place the chicken inside the turkey, with the rump of the chicken toward the neck of the turkey so that the white meat will not all be in the same place. Mix one pound of sausage meat or lean ham with one cup of bread crumbs and two well-beaten eggs. Form into a roll the shape of the turkey carcass, place it inside the chicken, draw the skin of the turkey together, and sew it up. Then press and roll with the hands until the galantine is an even roll. Tie at the extremities, and also across in two places. Now wrap tightly in a cloth, and tie as before. Put into a soup-kettle the bones from the turkey and chicken, one onion, one carrot sliced, six whole cloves, two bay leaves, a large sprig of parsley and three quarts of cold water, stand it over a moderate fire and bring slowly to a boil; skim, put in the galantine, and *simmer* gently for four hours. At the end of that time take the kettle from the fire and let the galantine cool in the liquor, then take it out and place on a flat dish; put a meat board on top of it, and two flat irons on top of the board, and stand away over night. In the morning remove the cloth carefully, brush the galantine over with a beaten egg, dust with bread crumbs and parsley chopped very fine, place in a very hot oven to brown, then stand away until very cold. This can be garnished with aspic jelly, or a jelly made from the bones, same as Boned Chicken. It is to be sliced thin when eaten, helping a small portion of the jelly with each slice.

A CAPONED TURKEY

A caponed turkey may be prepared as Caponed Chicken, or roasted according to the preceding recipes. It is more tender, larger, and decidedly better flavored than other turkeys, and consequently commands very high prices.

DUCKS

Ducks, to be good, must be young and fat, the lower part of the legs and the webbing of the feet soft, the under bill, if the duck is young, will break easily. The breast should be plump and fat.

ROAST DUCKS

Draw and singe the same as chicken. Wipe inside and out with a damp towel. Make a stuffing from

1 cup of bread crumbs
1 teaspoonful of powdered sage
1 boiled onion, mashed fine
1 large tablespoonful of butter
1 teaspoonful of salt
¼ teaspoonful of pepper

Mix the whole well, and fill the space from which the crop was taken and the body of the duck, sew and truss them the same as a chicken. Place in a baking-pan, cover the breast with a thin slice of bacon, add a half-cup of water and a half-teaspoonful of salt to the pan, and bake in a quick oven (if a full-grown duck) one and a quarter hours, basting every ten minutes. Serve with a sauce made from the giblets same as Roast Chicken. If ducklings, roast only forty-five minutes.

Green peas and apple sauce should be served with roast duck.

Ducks may also be stuffed with potato stuffing. (See recipe for Potato Stuffing.)

ROAST DUCKLINGS

Draw, singe and clean the same as a chicken. Tuck the wings back, and fasten the legs down to the side of the body with a small skewer, or they may be sewed with a trussing-needle and twine. Put a piece of butter the size of a walnut in each duck, place them in a baking-pan, add a half-cup of water and a half-teaspoonful of salt to the pan, and bake in a quick oven forty-five minutes, basting every ten minutes. When done, dish, serve with giblet sauce, same as Roast Chicken.

Green peas, cranberry sauce or currant jelly should accompany this dish.

RAGOÛT OF DUCK

1 pair of ducks
2 tablespoonfuls of flour
1 tablespoonful of mushroom catsup
1 bay leaf
1 pint of stock or boiling water
2 tablespoonfuls of butter
1 tablespoonful of onion juice
1 teaspoonful of lemon juice
½ gill of sherry, if you use wine

4 or 5 mushrooms may be added, if liked

Draw, clean, and singe the ducks the same as chicken. Place them in a baking-pan, put a thin slice of bacon over the breast, add a half-cup of water to the pan, and bake in a quick oven three-quarters of an hour, if tame ducks; if wild ones, bake only thirty minutes. Now take from the fire and carve them, making eight pieces of each duck—the wings, legs and second joints together, two pieces of the breast, and two of the back. Now put the butter in a saucepan, and stir until a dark brown; then add the flour, mix until smooth; add the stock or boiling water; stir continually until it boils, then add the onion juice, catsup, lemon juice, bay leaf, salt and pepper to taste, and the mushrooms chopped fine; now add the ducks and all the

gravy from the dish on which you carved them; cover and *simmer* gently twenty minutes, if tame; ten minutes, if wild. Take from the fire, add the wine, and serve on a heated dish with a border of toasted bread cut into triangles. Arrange them around the dish with the points toward the outer edge, forming a pointed border. They should be cut before toasting.

SALMI OF DUCK

Prepare the same as for Ragoût of Duck, adding one dozen olives five minutes before serving time.

TO PREPARE THE OLIVES

Stone the olives by cutting around and around, keeping close to the stone in the same manner as you pare an apple, and throw the stone away. Put the olives in boiling water and soak ten minutes, then put them in cold water until wanted.

GEESE AND GOSLINGS

As geese live to a great age, care should be taken in selecting. They are not good when over three years old. A young goose has down on its legs, and the legs are soft and yellow; like a turkey, as it grows older, the legs change to a reddish color.

ROAST GOOSE

Draw, clean, and singe the goose the same as a chicken. Wipe it inside and out with a damp towel. Fill with Potato or Onion Stuffing (see recipe for same). Sew it up and truss, being careful not to fill it too full, as dressing always swells while cooking. Place it in a baking-pan, put a cup of water and a teaspoonful of salt in the pan, and place in a quick oven. Roast twenty-five minutes to every pound,

basting every ten minutes; after the goose has been roasting one hour, cool the oven, and roast the remainder of the time at a moderate heat. Serve with giblet sauce made the same as for Roast Chicken.

Apple sauce should always be served with roast goose.

Goslings may be roasted in the same manner, allowing fifteen minutes to every pound.

GOOSE STUFFED WITH SAUERKRAUT

Draw and singe the goose as directed. Wipe it inside and out with a damp towel, and fill with sauerkraut. Sew it up, tie into shape, and place it in a large kettle, cover it with about two quarts of sauerkraut, cover the whole with boiling water and *simmer* gently for three hours. At the end of this time take out the goose, place it in a baking-pan, baste it with melted butter, dredge the breast thickly with flour, put it in a quick oven until a nice brown (about one hour). Serve in a bed of the boiled sauerkraut.

GUINEA FOWLS

A young guinea fowl makes a most delicious fricassee. Draw, singe, and cut up the same as Fricassee of Chicken. Put a quarter-pound of sliced bacon into a stewing-pan; when brown, add the guinea fowl, and stir over the fire until every piece is a golden brown. Now add to every pair of guinea fowls two tablespoonfuls of flour; stir until thoroughly mixed; then add one pint of boiling water, a teaspoonful of salt, three or four dashes of black pepper. Stir continually until it boils. Cover, and *simmer* gently about one and a half hours, or until the fowls are tender when pierced with a fork. When done, taste to see if properly seasoned; if not, add more salt and pepper, and serve.

Potato croquettes are a nice accompaniment to this dish.

GUINEA POT-PIE

Make precisely the same as Chicken Pot-pie, using two guineas instead of one chicken.

PEA FOWLS

Draw and singe the same as chicken, and cook according to any of the recipes given for cooking turkey.

PIGEONS

POTTED PIGEONS

½ dozen pigeons
¼ pound of salt pork
1 tablespoonful of flour
1 tablespoonful of mushroom catsup
1 pint of stock or water
1 bay leaf
1 onion
1 sprig of parsley
1 teaspoonful of salt
A little black pepper

Clean and wash the pigeons; fill same as a roast chicken, and truss. Put the pork in a frying-pan and try out all the fat. Roll the pigeons in flour and brown them in the hot fat. When they are nicely browned, put them in a stewing-pan, add the flour to the fat remaining in the frying-pan, stir until a nice brown, add the stock or water, stir again until it boils, add the salt, pepper, catsup, bay leaf, onion sliced, parsley, salt, and pepper. Pour this over the pigeons, cover the stewing-pan, and *simmer* gently two hours. When done, remove the strings, strain the gravy over and around the pigeons. Serve with boiled rice in a separate dish.

ROAST PIGEONS

Draw, singe, and stuff the same as a chicken. Place them in a baking-pan; put a half-cup of water and a teaspoonful of salt in the pan; place in a quick oven, and bake one hour, basting at first with melted butter, afterwards with their own gravy. When done, dish in a row on a large

meat plate. Add one tablespoonful of butter to the pan, and brown; then add a tablespoonful of flour and mix well; now add a half-pint of boiling water. Stir continually until it boils, season with salt and pepper to taste. Serve in a boat.

BROILED SQUABS

Clean and singe same as a chicken. Split them down the back, flatten them with a rolling-pin, and wipe carefully, inside and out, with a damp towel. Broil the same as spring chickens.

They may be roasted whole, without stuffing, the same as woodcock.

SALMI OF SQUAB

6 squabs
1 slice of onion
1 pint of stock
1 tablespoonful of Worcestershire sauce
1 tablespoonful of flour
1 thin slice of carrot
1 bay leaf
1 tablespoonful of mushroom catsup
1 tablespoonful of butter
5 mushrooms
1 tablespoonful of sherry, if you use wine
Salt and pepper to taste

Clean the squabs and truss them. Put the butter in a frying-pan; and when hot, brown the squabs. Take them out and put them in a saucepan, add the onion, carrot, and bay leaf. Add the flour to the butter in the frying-pan, mix well, and then add the stock, stir constantly until it boils, pour it over the squabs, cover them, and *simmer* until tender (about thirty minutes). When done, dish the squabs in the centre of a meat plate. Add to the sauce the mushroom catsup, Worcestershire sauce, and the mushrooms chopped fine, salt and pepper, and *simmer* for ten minutes; take from the fire and add the wine, strain it over the squabs, and serve.

BAKED SQUABS

6 squabs — 2 tablespoonfuls of butter
1 gill of stock — ¼ pound of bacon
Salt and pepper to taste

Clean and truss the birds. Rub the breasts with a piece of onion. Divide the butter into six equal parts, put one part into each squab, and with it one cranberry. Now put them into a baking-pan, cut the bacon in thin slices, put one slice over the breast of each bird, add the stock, salt and pepper, and bake in a very quick oven (420° Fahr.) for three-quarters of an hour, basting every ten minutes.

Put the livers and hearts in a stewing-pan to boil at the same time you put the birds in the oven. Serve the squabs on buttered toast with the following sauce poured around them.

Remove the bacon from the pan, then put into it one tablespoonful of butter, and brown, add one tablespoonful of flour, and the livers and hearts mashed fine. Mix all well together, add a half-pint of stock, stir constantly until it boils, add salt and pepper.

Serve green peas as an accompaniment to this dish.

GAME

In winter game may be kept two weeks without spoiling or losing one particle of its natural flavor, if it has not been packed and shipped. As our Eastern cities are supplied from the Western States, it is necessary that they should be packed for shipment, which causes fermentation, even if the weather is very cold.

TO KEEP BIRDS FRESH

Do not pick them, but make a small opening under the rump just large enough to take out the entrails, which do

as carefully as possible, without breaking the gall. If you should be so unfortunate as to break it, pick the bird, wash it, and use immediately; it will not keep. Birds may be hung up by the feet in a cold, dry place for one or two weeks, until the feathers come out easily.

VENISON

Venison, like mutton, should be well hung in a cold, dry place,—in winter, at least two weeks; in warmer weather, one week. The meat should be of fine grain and nicely covered with fat. If the venison is young, the hoof will be but slightly opened; if old, wide open.

HAUNCH OF VENISON ROASTED

Wipe the venison well with a towel dipped in warm water. Leave the hoof and four or five inches of skin or hair on the lower part of the leg. Lard the haunch thickly with salt pork. If you have no larding-needle, make slight incisions with a small knife, about an inch and a half apart, and put a small piece of salt pork in each incision. It may be roasted without larding, but as the meat is naturally dry, it is certainly a great improvement. Fold a piece of coarse muslin into three or four thicknesses, wide enough to cover the hoof and hair. Dip this in cold water, and bind it around the hoof and hair, tie, envelop this in several thicknesses of buttered letter paper, and tie tightly. This is to prevent the hair and hoof from changing color. If your haunch is large, the cloth may require a second or third wetting. Now place it before a brisk fire, or in a very hot oven, and roast fifteen minutes to every pound, basting every ten minutes at first with melted butter, and afterwards with its own drippings. When half done, season with a

teaspoonful of salt and a few dashes of black pepper. When done, unwrap the hoof, and dish. Add two tablespoonfuls of flour to the fat in the pan in which it was roasted, stir until brown, add one pint of good stock, stir constantly until it boils; take from the fire, add one tablespoonful of currant jelly and one of sherry, season with salt and pepper to taste. Serve in a boat. Currant jelly and water-cress should accompany this dish.

SADDLE OF VENISON ROASTED

Saddle and shoulder may be roasted the same as the haunch. As they cannot so well be larded, cover them with several thicknesses of buttered paper while roasting, to prevent the juices from drying out.

VENISON STEAKS BROILED

Steaks are usually cut from the leg or haunch. As it requires but a very short time to broil them, and they are not good unless very hot, see that everything and everybody is ready before broiling. Now put the dish in which they are to be served over a kettle of boiling water to heat; put in it a piece of butter the size of a walnut, a quarter-teaspoonful of salt, two tablespoonfuls of port wine, and a tablespoonful of currant jelly. Grease the bars of the gridiron with suet, lay the steaks on it, and broil over a clear, hot fire, turning almost constantly. If your steaks are a half-inch thick, eight minutes will broil them. Put them in the heated dish, and turn them in the mixture once or twice. Serve immediately on heated plates. The quantities given are for two steaks.

Vension steaks may also be broiled and served the same as beefsteaks, with a simple dressing of salt, pepper and butter.

VENISON CUTLETS

Trim the cutlets nicely. Put them in an earthen vessel, and cover with a marinade made as follows: To every pound of venison allow four tablespoonfuls of vinegar, four of claret, two bay leaves, one small onion sliced, sprig of parsley, four whole cloves, and a blade of mace; mix, and put into a porcelain kettle, stand over a brisk fire, give one boil and pour over the cutlets. Let stand until next day, turning them three or four times. Next day wipe and lard them, and broil over a quick fire. Serve with the same sauce as Vension Steaks.

These may also be broiled and served with brown sauce.

RAGOÛT OF VENISON

Ragoût of venison may be made the same as Ragoût of Beef, using venison instead of beef, adding one gill of port wine and one tablespoonful of currant jelly to the sauce after you take it from the fire.

SOUR STEW

This can be made from the bones and meat, after the steaks, haunch, etc., have been taken off. Cut two pounds of meat into pieces about an inch square. Put a quarter-pound of sliced bacon in a frying-pan, and try out all the fat. Dredge the meat thickly with flour, and brown it in the bacon fat. Take it out with a skimmer and put it in a stewpan. Add two tablespoonfuls of flour to the fat in which the meat was browned, mix well, and brown; add one pint of boiling water, stir constantly until it boils, and pour it over the meat. Cover it, and let *simmer* gently one hour. Now add one small onion sliced, one bay leaf, one tablespoonful of chopped parsley, a thin paring of

lemon peel, a teaspoonful of salt, a tablespoonful of Worcestershire sauce, and let *simmer* one hour longer. Take from the fire, add a tablespoonful of vinegar, and serve.

VENISON IN A CHAFING-DISH

Put a piece of butter, the size of a walnut, in your chafing-dish; and, when hot, put in the steak. When brown on one side, turn and brown on the other, and add a quarter-teaspoonful of salt, a tablespoonful of currant jelly, two tablespoonfuls of sherry, and a little black pepper. Cover the dish; let all heat together about two minutes, and serve.

TO CURE VENISON HAMS

These may be cured exactly the same as ordinary pork hams. They are usually eaten chipped, but they are delicious frizzled the same as dried beef.

BUFFALO STEAKS

Buffalo steaks are broiled precisely the same as beefsteak, seasoning only with butter, salt, and pepper.

Buffalo meat may also be roasted or stewed.

BEAR MEAT

Bear meat is best roasted. It may be treated the same as pork, cooking twenty minutes to every pound.

BEAR STEAKS

Bear steaks may be cooked in a chafing-dish, the same as venison steaks, omitting the currant jelly.

RABBITS OR HARES

TO SELECT

The body should be rather stiff, free from any unpleasant odor, and the flesh of a reddish appearance. If young, it will have soft paws and ears; if old, the ears will be stiff and the edges rough, the paws hard and worn.

Tame rabbits, as a rule, are not fit to use.

FRICASSEE OF RABBIT

Skin the rabbit; singe it. Remove the entrails, if it has not been previously cleaned. Wipe it well inside and out with a wet cloth, then dry. Do not wash or soak, as the blood of the rabbit is a great improvement to the flavor. Cut it first down the back, splitting it into halves; then cut each half into four pieces. Finish precisely the same as Fricassee of Chicken, either brown or white.

BROILED RABBIT

The rabbit must be very young and tender for this purpose. Clean as directed in preceding recipe. Cut into halves only, and broil the same as a spring chicken. Serve on a hot dish; dredge with pepper and salt, and butter liberally.

PANNED RABBIT

Clean and cut into halves as directed. Place in a baking-pan, spread lavishly with butter, dust with salt and pepper, and bake in a quick oven one hour, basting every ten minutes. When done, lay on a heated dish. Add one tablespoonful of flour to the fat in the pan; mix well; add a half-pint of boiling water, stir until it boils, add salt and pepper to taste, pour it over and around the rabbit, and it is ready to serve.

RABBIT PIE

Make the same as Chicken Pie, using two rabbits instead of one chicken.

The English hares may be cooked the same as our common wild rabbits.

SQUIRRELS

Squirrels may be fricasseed, broiled, and panned precisely the same as rabbits.

RACCOONS, SKUNKS AND OPOSSUMS

These are eaten by many people, but as I have had no experience in cooking the above animals, I will merely state that they may be cooked in all the ways that rabbits are, and served the same.

WILD TURKEY

Draw and singe the same as a chicken. Wipe inside and out carefully with a damp towel. Make a stuffing from two cups of stale bread, a quarter-pound of salt pork chopped fine, a teaspoonful of salt, and a quarter-teaspoonful of pepper, mixed well together. Stuff the space from which the crop was taken, allowing room for the filling to swell, then put the remainder in the body of the bird. Truss. Place in a baking-pan, cover the breast with thin slices of fat pork, put a half-cup of water in the pan, and bake in a quick oven fifteen minutes to every pound. After one hour, cool the oven slightly, put a teaspoonful of salt in the pan, and baste with melted butter every ten minutes at first, afterwards with its own gravy. Serve with giblet sauce, the same as tame turkey. Cranberry sauce should always accompany this dish.

WILD DUCKS

Wild ducks may be selected the same as tame ones. Canvas-backs and redheads are considered best, but the blue-winged teal, black duck, widgeon and wood duck are all good.

TO ROAST WILD DUCK

Pick, draw, and singe the same as chicken. Wipe them inside and out with a damp towel. Do not wash them unless you break the gall or intestines, as it *greatly* destroys the flavor. If they have a fishy odor, rub the breast lightly with a piece of onion, and put three or four cranberries (uncooked) in the duck before cooking it. Tuck back the wings and truss the legs down close to the body. Put the cranberries and a piece of butter the size of a walnut in each duck. Place them in a baking-pan, add one teaspoonful of salt and a quarter-cup of boiling water to the the pan, baste them well with melted butter, put them into a very hot oven, and bake forty-five minutes, if wanted rare; one hour, if well done; basting with their own gravy every five minutes. When done, serve with the gravy from the pan poured over them. Wild ducks are much better when not stuffed; but if stuffing is preferred, potato is best. (See recipe for Potato Stuffing.)

Serve currant jelly and green peas with them.

SALMI OF WILD DUCK

Proceed in the same manner as for Salmi of Tame Duck, and it is most delicious.

RAGOÛT OF WILD DUCK

A whole duck, or the remains from yesterday's dinner, may be used for this dish. (See recipe for Ragoût of Duck.)

WILD GOOSE

A wild goose may be selected and cooked precisely the same as a wild duck.

WILD PIGEONS

Wild pigeons may be prepared and cooked the same as tame ones. Roasted or baked, they make a very nice garnish for a wild turkey. After the turkey is dished, arrange six or eight pigeons around it; fill the vacant spaces with curly parsley.

This makes a very sightly dish.

PIGEON PIE

Pick and clean four wild pigeons, the same as chicken. Cut them into halves, put them into a baking-pan, baste with melted butter, and bake in a quick oven for forty-five minutes, basting with melted butter, salt and pepper every ten minutes, using in all about two tablespoonfuls of butter, a half-teaspoonful of salt, and a dash of pepper. At the end of this time, take them out. Line a two-quart tin basin or a raised pie-mould with plain butter paste. Have ready one pound of ham cut into dice, six hard-boiled eggs sliced. Put a layer of pigeons in the bottom, then ham, then eggs, then salt, pepper, and a few bits of butter, then pigeon, and so on, until all is used. Cover with a thick sheet of paste; make a hole in the centre, and ornament with some leaves and flowers cut out of the paste trimmings. Bake in a quick oven for thirty minutes, or until the paste is done. Put two tablespoonfuls of butter in the pan in which they were roasted, stir it over the fire until a nice brown, then add two tablespoonfuls of flour, and mix until smooth; add one pint of boiling water, salt and pepper to taste;

stir continually until it boils; take from the fire, add the beaten yolk of one egg, and pour into the pie through a funnel, placed in the hole in the centre of top crust, and it is ready to serve. It is most delicious.

Tame pigeons may be used, but are not as good as the wild ones.

PIGEONS LARDED AND BROILED

Pick the pigeons, cut off the head and feet, then split the birds down the back and take out the entrails; wipe them well inside and out with a wet towel, and dry them. Lard the breast with lardoons (small strips of fat pork), using a very fine needle. Dust the birds with salt and pepper, place them on a broiler, and broil over a moderate fire for three-quarters of an hour, turning frequently. Place on squares of hot buttered toast, baste with melted butter, and serve.

Squabs may be cooked in the same way, and served on a bed of green peas.

OTHER GAME BIRDS

TO ROAST PARTRIDGES, PHEASANTS, QUAIL, GROUSE, OR PRAIRIE FOWLS

Pick and draw the birds the same as chicken. Wipe them carefully, inside and out, with a wet towel; then dry them. Do not wash unless you wish to spoil them. Now tuck the wings back, and fasten the legs up to the sides of the body with a small skewer, so that when the bird is on its back the legs stand up, not down toward the rump, as you truss a chicken. Lard them thickly over the breast (this may be omitted, but they are not so good), place them in a baking-pan or before a good fire, baste with melted butter at first and afterwards with their own gravy; dredge with

salt and pepper when half done. Roast three-quarters of an hour, if liked rare; if well done, one hour. Serve on squares of toast, with the gravy in the pan poured around them. Garnish with parsley.

TO BROIL PHEASANTS, PARTRIDGES, QUAIL, GROUSE, OR PRAIRIE FOWLS

Split them down the back, lard the breasts, and broil the same as pigeons.

Serve currant jelly with them.

TO ROAST WOODCOCKS, SNIPES, OR PLOVERS

Many prefer these birds not drawn; that is, the crop only is taken out through a small slit in the skin on the back of the neck, while all the entrails are allowed to remain in the bird. Of course, every one to his own taste; but we prefer and recommend that they should be drawn, but not washed, as it certainly does spoil game or poultry to put them in water. Wipe them, inside and out, with a damp towel, and then dry on a clean one.

For those who like the trail, as it is called, we will give the following recipe:

Pick the birds, singe, and take out the crop as directed. Cut the wings off at the second joint—that is, the second from the tip. Scald the legs and peel the skin off the feet and lower part of legs; pick the necks all the way up to the head; then singe, fold the legs close to the body, and run the bill of the bird through both legs and the body. Cover the breast with thin slices of bacon and fasten with twine. Now place the birds in a baking-pan with a square of toasted bread under each bird to catch the trail; put them in a hot oven or before a good fire. Roast thirty-five minutes, basting every five minutes, the first time with

melted butter and afterwards with the gravy in the pan. Remove the bacon five minutes before the birds are done, baste them with melted butter, dust with salt and pepper, and put back to brown. Serve on a heated dish with the squares of toast under them. Garnish with parsley and a spoonful of currant jelly.

We will say to those who, like ourselves, prefer them drawn, proceed as directed above, only draw the bird and wipe it inside and out.

TO ROAST RAIL AND REED BIRDS

Pick, draw, and singe the birds. Cut off the ends of the wings and the feet. Leave the heads on. Wipe the birds, inside and out, and wrap each in a thin slice of bacon. Take a skewer long enough to hold six birds, run the skewer through the bacon and the bodies of the birds, fasten them on the spit and roast before a clear fire fifteen minutes, basting almost constantly with their own dripping. Serve each bird on a square of toast garnished with parsley —of course, removing the skewer and bacon.

Or, wrap the birds in bacon and tie with twine, place them in rows in a baking-pan, and bake in a quick oven fifteen minutes, basting three or four times with their own dripping. When done, remove the bacon and strings, serve on squares of buttered toast with the gravy from the pan poured around them. Garnish with parsley.

All small birds, such as meadow larks, robins, blackbirds and sparrows, may be cooked in the same manner.

BLACKBIRD PIE

Blackbird pie may be made the same as Pigeon Pie, using one dozen blackbirds instead of four pigeons.

GAME PIE

For this any of the birds mentioned in the preceding recipes may be used. We will use partridges. Bone the partridges according to the directions for boning chicken. Then cut them in halves. Cut one dozen mushrooms or truffles into thin slices. Cut one pound of ham into dice. Cut six hard-boiled eggs into slices. Chop some parsley very fine. Have ready one batch of puff paste and half the quantity given in recipe of Suet Paste (see recipe for Suet Paste). Roll half the puff paste down to the thickness of one-third of an inch. Grease a French pie-mould and line it carefully with this sheet of paste. With a sharp knife cut the paste even with the top of the mould. Roll the suet paste down to the thickness of a quarter of an inch, and cut it into pieces one inch square. Now put a layer of birds in the bottom of the mould, then a sprinkling of ham, salt, pepper, parsley, hard-boiled eggs, and squares of the suet paste, a few bits of butter here and there; now another layer of birds, and so on until all the materials are used. Now roll out for the top crust the remainder of the puff paste, wet the edges of the under-crust with cold water, put the paste for the cover on the pie, and press it gently with the thumb to cement the two edges together, and with a sharp knife cut off the upper paste even with the mould. Make a hole in the middle of the top crust. Roll out these trimmings of the paste and cut into leaf-shaped pieces, form and pinch them together in the shape of a flower, and place in the hole of the upper crust. Brush the cover of the pie with beaten egg, and bake in a moderately quick oven (about 400° Fahr.) for two hours. While the pie is baking, take the bones, hearts and livers of the birds, put them in a saucepan and cover with a quart of cold water; add a slice of onion and a bay

leaf, and *simmer* gently until the pie is done; then strain. Put two tablespoonfuls of butter in a frying-pan and stir until a dark brown; then add two tablespoonfuls of flour; mix until smooth; add one pint of the stock from bones and liver, and stir constantly until it boils; add six mushrooms, chopped very fine; season with salt and pepper to taste; take from the fire, add the well-beaten yolks of two eggs, and, if you use wine, one tablespoonful of sherry. Pour the sauce in the pie through a funnel placed in the hole on the top, being careful not to break the flower. Lift the pie carefully on to a heated dish, remove the mould, and serve.

Or, omit the sauce and allow the pie to cool. When cold, garnish with aspic jelly cut into fancy shapes, and put on the dish and around the top of the pie.

FORCEMEATS AND STUFFINGS

HAM FORCEMEAT

1 pint of cold cooked ham, chopped fine
1 pint of milk
½ pint of stale bread crumbs
Yolks of three eggs
1 tablespoonful of chopped parsley
½ teaspoonful of salt
⅛ teaspoonful of cayenne
1 teaspoonful of French mustard

Put the milk on to boil, add the bread crumbs, and stir until it thickens, then add the yolks of the eggs; take from the fire and add all the other ingredients, mix, stand away to cool, and it is ready to use.

This may be used as stuffing for game or meats, or made into small balls, dipped in egg and bread crumbs, fried in boiling fat, and used to garnish made meat dishes.

CHICKEN FORCEMEAT

1 four-pound chicken
1 pint of milk
Yolks of three eggs
1 cup of bread crumbs
1 tablespoonful of chopped parsley
1 teaspoonful of salt
⅛ teaspoonful of cayenne
¼ teaspoonful of grated nutmeg

Clean and draw the chicken as directed. Take the meat from the bones and chop very fine. (The bones and skin may be used for soup or stock.) Put the milk on to boil,

add to it the bread crumbs, stir until it thickens, add the yolks of the eggs well beaten; take from the fire and add all the other ingredients, mix, and stand away to cool. Use the same as Ham Forcemeat.

BREAD STUFFING

1 pint of stale bread crumbs
2 tablespoonfuls of melted butter
1 teaspoonful of salt
¼ teaspoonful of black pepper
1 tablespoonful of chopped parsley
1 teaspoonful of sweet marjoram

Mix the bread, salt, pepper, parsley and sweet marjoram together, then moisten with the melted butter, and it is ready to use.

SAGE STUFFING

Make same as preceding recipe, adding two teaspoonfuls of powdered sage.

ONION STUFFING

This may be made the same as Bread Stuffing, omitting the sweet marjoram, and adding two large tablespoonfuls of chopped onion.

POTATO STUFFING

2 cups of mashed potatoes (hot)
1 teaspoonful of onion juice
4 tablespoonfuls of cream
¼ teaspoonful of black pepper
Yolks of two eggs
1 teaspoonful of salt
1 tablespoonful of chopped parsley
1 tablespoonful of butter

Mix the whole together and beat well. This stuffing is nice for ducks or geese.

MEAT AND FISH SAUCES AND GRAVIES

Once a week in winter and twice a week in summer you should make your gravy and sauce stock; and for this you should save every bone, cooked or uncooked, of beef, mutton, veal, ham, poultry and game, the green tops of celery and all juices left in the bottom of the dish from steaks or roasts. Keep them in a stone jar in a cold place until wanted. An economical housekeeper has always on hand a good supply of this stock without the outlay of a single cent. It should be made on ironing or baking day, thereby saving the use of any extra fuel. This stock could be used for soups, but is never perfectly clear and is not so nutritious as stock made from the shin of beef.

The preparation of sauces and gravies is of the greatest importance, and in nothing does the talent of a cook more display itself. All ingredients used should harmonize and blend perfectly, and you must bear in mind that water is no substitute for stock. Many cooks fail in the thickening of sauces. The butter and flour should be well rubbed and cooked together before adding the liquid to prevent the sauce from having a floury, uncooked taste. The Drawn Butter sauce, simple as it is, is seldom properly prepared.

The common practice of wetting the flour and then stirring it into the gravy is objectionable, as in this way the flour does not hold the fat in suspension, and it therefore invariably floats.

All sauces must be stirred continually while on the fire, and seasoned carefully, so that each sauce may have its own individual flavor.

Spare the cayenne; remember it destroys every other flavor as well as your own taste.

> *"For palates grown callous almost to disease,*
> *Who peppers the highest is surest to please."*
> —*Goldsmith.*

STOCK FOR SAUCES AND GRAVIES

Place in a soup kettle all the fresh bones taken from your roasts and steaks, cooked or uncooked, bones of mutton, lamb, veal, beef or poultry; also, the trimmings of same if fresh, allowing one quart of cold water to every pound of bones and meat. Boil and skim same as Soup Stock; add the same vegetables and seasoning.

This stock is excellent for sauces and gravies in the place of water, but does not make a good soup stock.

ALLEMANDE SAUCE

1 tablespoonful of butter
6 mushrooms, chopped fine
Yolks of three eggs
½ teaspoonful of onion juice
¼ teaspoonful of white pepper
1 tablespoonful of flour
½ pint of white stock
¼ teaspoonful of grated nutmeg
½ teaspoonful of salt

Melt the butter, but do not brown it; then add the flour, mix well; add the stock, stir *continually* until it boils; add the mushrooms, *simmer* one minute. Take from the fire, add the beaten yolks, salt, pepper, nutmeg and onion juice. This is a nice sauce for boiled or baked fish. Do not boil after adding the eggs.

ANCHOVY SAUCE

Make a Maître d' Hôtel Sauce, then add to it three tablespoonfuls of anchovy paste.

The paste may be purchased from your grocer in bottles ready for use.

This is a nice sauce for fried fish

APPLE SAUCE

6 tart apples ½ cup of water
Sugar and nutmeg to taste

Pare, core and slice the apples, put them in a porcelain kettle with the water, cook and stir until soft (about ten minutes); then mash them through a sieve, or, better, a "Henis Vegetable Press," add butter the size of a walnut, sugar, and nutmeg, mix well, and it is ready to use.

This should accompany all pork dishes.

BEARNAISE SAUCE

Yolks of four eggs 4 tablespoonfuls of olive oil
Dash of cayenne ¼ teaspoonful of salt
4 tablespoonfuls of hot water
1 tablespoonful of tarragon vinegar

Beat the yolks until creamy, add the water and oil, stand the bowl in a pan of boiling water, and stir until the eggs thicken. Take from the fire and add the vinegar, salt and pepper; mix well, and stand away to cool.

This is most delicious, and may be served with a broiled steak, smelts, or lobster chops.

BÉCHAMEL SAUCE

1 tablespoonful of butter 1 tablespoonful of flour
1 gill of stock 1 gill of cream
2 dashes of pepper Yolk of one egg
½ teaspoonful of salt

Melt the butter without browning, then add the flour, mix

until smooth; add the stock and cream, stir *continually* until it boils; take from the fire, add the salt, pepper, and the yolk of the egg well beaten.

This sauce is especially nice for sweetbreads, chickens, cutlets, and baked or boiled fish.

BREAD SAUCE

1 pint of milk
1 tablespoonful of onion juice, or one small onion
2 tablespoonfuls of butter
½ pint of bread crumbs
1 blade of mace
1 bay leaf
Salt and pepper to taste

Put the bread and milk in a farina boiler, add the onion, mace, and bay leaf, cook five minutes; then press through a sieve, return to the fire, add the butter, salt and pepper to taste, and it is ready to use.

BROWN SAUCE No. 1

1 tablespoonful of butter
½ pint of stock
1 tablespoonful of flour
½ teaspoonful of onion juice
½ teaspoonful of salt
⅛ teaspoonful of white or black pepper

Melt the butter, stir until a dark brown, add the flour, mix well; add the stock, and stir *continually* until it boils; add onion juice, salt and pepper, and it is ready to use.

BROWN SAUCE No. 2

1 large tablespoonful of butter
1 small onion
1 bay leaf
1 sprig of parsley
1 tablespoonful of mushroom catsup
½ teaspoonful of salt
1 even tablespoonful of flour
½ pint of boiling water
1 small carrot
1 blade of mace
1 tablespoonful of Worcestershire sauce
1 tablespoonful of sherry, if you use wine
⅛ teaspoonful of pepper

Melt and stir the butter over the fire until a dark brown,

then add the flour, and mix smooth; add the boiling water, stir *continually* until it boils; add the onion, carrot, bay leaf, mace, and parsley. *Simmer* very gently for fifteen minutes, then strain, add the salt, Worcestershire sauce, mushroom catsup, and pepper; stir until thoroughly mixed, and it is ready to use. This is nice for beefsteak or warmed-over meats.

BROWN SAUCE No. 3

¼ pound of bacon
1 tablespoonful of flour
1 tablespoonful of Worcestershire sauce
½ pint of stock
1 tablespoonful of mushroom catsup
1 tablespoonful of sherry, if you use wine
Salt and pepper to taste

Slice the bacon, put it in a frying-pan and try out all the fat. Take out the bacon, add the flour, stir until smooth; add the stock, stir *continually* until it boils; add the Worcestershire sauce, mushroom catsup, salt and pepper; take from the fire, and add the wine.

CAPER SAUCE

Make a Drawn Butter, according to the recipe given, add to it one large tablespoonful of capers.

This is nice served with boiled mutton or fish.

CELERY SAUCE

5 roots of celery
1 even tablespoonful of flour
1 tablespoonful of butter
1 pint of cold water
1 gill of milk
Salt and pepper to taste

Clean the celery, cut it into small pieces, put it in a saucepan, add the water, cover the saucepan, and stew slowly for half an hour, then press it through a colander. Put the butter in a frying-pan; when melted, add the flour, mix; add the milk and celery, stir *continually* until it boils; add salt and pepper, and it is ready to use.

This sauce is usually served with boiled poultry.

CHAMPAGNE SAUCE

Make Brown Sauce No. 1, omitting the onion juice; take from the fire, add one gill of champagne.

This is suitable for game. It may be varied by adding one gill of port wine instead of champagne.

CHESTNUT SAUCE

1 pint of the large chestnuts
1 pint of stock
1 tablespoonful of flour
1 large tablespoonful of butter
Salt and pepper to taste

Roast the chestnuts; when done, peel them, mash fine. Melt the butter and stir until a dark brown, then add the flour, mix well; add the stock and chestnuts, stir *continually* until it boils; add the salt and pepper.

This is especially nice for roasted poultry.

CRANBERRY SAUCE

1 quart of cranberries
1 pint of water
1 pound of sugar

Wash the cranberries in cold water, put them in a porcelain-lined kettle with one pint of water, and boil rapidly ten minutes, or until the berries pop; then press them through a colander, return them to the kettle, add the sugar, and stir over the fire until the sugar is thoroughly melted (this will take about two minutes); turn out to cool. Serve with poultry, game, venison, or mutton.

CREAM SAUCE

1 tablespoonful of flour
1 tablespoonful of butter
½ pint of cream or milk
½ teaspoonful of salt
2 dashes of pepper

Melt the butter, being careful not to brown it; add the flour, mix until smooth; then add the cream or milk, stir *continually* until it boils; add salt and pepper, and use at once. If you are not quite ready to use it, stand it over

boiling water to keep warm, stirring frequently to prevent a crust from forming on the top.

This sauce may be used with lobster chops, sweetbreads, chicken chops, and other similar dishes.

CREAM SAUCE WITH MUSHROOMS

Make a Cream Sauce, add one cup of fresh mushrooms chopped fine, or the same quantity of canned mushrooms, and cook over boiling water ten minutes. If canned mushrooms are used, simply heat, do not cook, as it toughens the mushrooms.

This sauce may be used the same as Cream Sauce.

CURRANT JELLY SAUCE

Make Brown Sauce No. 1, and add to it four tablespoonfuls of currant jelly; let it boil up once, and it is ready to use.

This is served with game.

CURRY SAUCE

Add one teaspoonful of curry powder and one teaspoonful of onion juice to the recipe for Drawn Butter.

DRAWN BUTTER

2 tablespoonfuls of butter ½ pint of boiling water
1 tablespoonful of flour ½ teaspoonful of salt

Mix the butter and flour to a smooth paste in a bowl, place the bowl over the fire in a pan of boiling water, add the half-pint of boiling water gradually, stirring all the while until it thickens; add the salt. Take from the fire and use immediately. The great point in preparing drawn butter is to take from the fire as soon as it thickens. For this sauce it is very essential to have *good butter*. Serve with asparagus, boiled fish, cauliflower, etc.

EGG SAUCE

Make a Cream Sauce, and when finished add two hard-boiled eggs, the whites chopped very fine and the yolks pressed through a sieve. Serve with boiled poultry.

ESPAGNOLE SAUCE

Boil one quart of consommé until reduced to one pint. Then put four ounces of butter in a frying-pan and stir until very brown; then add two tablespoonfuls of flour; mix well; add the reduced consommé, stir *continually* until it boils; then add one tablespoonful of Worcestershire sauce, one tablespoonful of mushroom catsup, salt and pepper to taste. Take from the fire and add two tablespoonfuls of sherry.

FISH SAUCE

1 tablespoonful of chopped parsley
1 tablespoonful of chopped gherkins
Yolks of three eggs
½ teaspoonful of salt
1 dash of cayenne
½ pint of olive oil
1 tablespoonful of vinegar

Put the chopped parsley into a bowl and pound it with a potato-masher until reduced to a pulp, then add to it the yolks of the eggs, mix thoroughly, and proceed as for Mayonnaise Dressing. When you have finished it, add the cayenne and gherkin. Serve with boiled or broiled fish.

SAUCE HOLLANDAISE

Make a Drawn Butter; when you have finished it, take it from the fire, and add gradually the yolks of two eggs (beaten); then add juice of half a lemon, a teaspoonful of onion juice, and a tablespoonful of chopped parsley. Serve with boiled or baked fish and fish croquettes.

LOBSTER SAUCE

Make a Drawn Butter; when you have finished it, add one cup of boiled lobster, chopped fine, and the coral, if

there be any, rubbed to a smooth paste with a tablespoonful of butter. Return it to the fire and stir for five minutes. Serve with fish.

MAÎTRE d'HÔTEL SAUCE

2 tablespoonfuls of butter
1 tablespoonful of chopped parsley
1 tablespoonful of lemon juice
¼ teaspoonful of salt

Mix all the ingredients and knead well together in a bowl. It should be perfectly smooth. Served with salt fish, broiled or fried.

This is also called Maître d'Hôtel Butter.

MINT SAUCE

1 bunch of mint (ten stalks)
1 large tablespoonful of white sugar
4 tablespoonfuls of vinegar
½ teaspoonful of salt
2 dashes of black pepper

Chop the mint until *very* fine; then mix with it the sugar; add salt and pepper, and rub well, adding the vinegar little by little. Serve with roast lamb.

MUSHROOM SAUCE

Make Brown Sauce No. 3, and add to it one pint of fresh or canned mushrooms; if the first, *simmer* gently for fifteen minutes; if the latter, only five. Take from the fire, and add the wine, if you use it.

The fat must be very brown before adding the flour, or the sauce will be muddled.

Serve with broiled steak, fillet, veal cutlets and other similar dishes.

OLIVE SAUCE

Make Brown Sauce No. 1, and add to it one dozen olives prepared as follows: With a sharp-pointed knife pare around and around the olive as you would an apple, keeping close to the stone; throw them in boiling water for ten minutes,

then drain, and add them to the sauce; *simmer* gently for ten minutes. Serve with broiled steak or roast ducks.

ONION SAUCE

Peel one dozen small onions, put them in a saucepan, cover with boiling water, add a teaspoonful of salt, and boil half an hour, then drain and press through a fine sieve. Make a White Sauce, add the onions to it, let it boil up once, and it is ready to use.

This is nice with boiled fowl.

OYSTER SAUCE

Boil twenty-five oysters in their own liquor for one minute, stirring *continually;* drain, put the liquor back on the fire; add one cup of cream or milk; rub one tablespoonful of butter and two of flour to a smooth paste, and stir into the boiling liquor until it thickens. Chop the oysters into dice, add them to the sauce, season with salt and pepper, and take from the fire. This will curdle if boiled after adding the oysters. Serve with poultry and boiled fish.

PORT WINE SAUCE

Make the same as Champagne Sauce, using port wine instead of champagne. Serve with duck or game.

ROBERT SAUCE

¼ pound of butter
3 small onions
1 teaspoonful of tarragon vinegar
Salt and pepper to taste
1 ounce of flour
½ pint of stock
1 teaspoonful of sugar
1 teaspoonful of French mustard

Put the butter in a frying-pan to melt; when melted, add the flour; mix, and add the onion, chopped fine. Stir over the fire until the whole is lightly browned; then add the stock; stir *continually* until it boils. Mix the vinegar, sugar and mustard together until smooth; then stir them into the sauce, and it is ready to use.

SAUCE PIQUANTE

Make Brown Sauce No. 1, stand it over boiling water to keep hot while you prepare the following: Put two tablespoonfuls of chopped onion, one gill of vinegar, one tablespoonful of capers, and (if you can get it) one tablespoooonful of powdered tarragon leaves, in a small, porcelain-lined saucepan, and *simmer* for five minutes; add to it the brown sauce, stir continually until it boils, and boil five minutes; strain and use.

SHRIMP SAUCE

Make the same as Lobster Sauce, adding one cup of chopped shrimps instead of one cup of lobster.

SHAD-ROE SAUCE

Wash two shad roes well in cold water. Put them in a small saucepan, add one teaspoonful of salt, cover with boiling water; put the lid on the saucepan, and *simmer* gently for fifteen minutes. Drain, remove the outer skin, and mash fine. Make a White Sauce, add the roe gradually to it, boil up once, and it is ready to use.

Serve with baked shad.

SUPRÊME SAUCE

1 tablespoonful of butter
1 tablespoonful of chopped parsley
1 tablespoonful of flour
1 tablespoonful of thick cream
½ pint of chicken stock
Yolks of two eggs
Salt and pepper to taste

Melt the butter, being careful not to brown; add the flour; mix until smooth; then add the stock; stir *continually* until it boils; add the cream. Take from the fire, add the well-beaten yolks of the eggs, parsley, salt and pepper, and it is ready to use.

This sauce may be served with broiled or fried chicken, or chicken cutlets.

SAUCE TARTARE

½ pint of mayonnaise dressing
3 olives
1 gherkin
1 tablespoonful of capers

Chop the olives, gherkin, and capers very fine, add them to the dressing, and it is ready for use. You may add a half-teaspoonful of powdered coriander seed, or one tablespoonful of tarragon vinegar.

Serve with smelts, lobster chops, or cold meat dishes.

TOMATO SAUCE

1 pint of stewed tomatoes
1 tablespoonful of butter
1 tablespoonful of flour
1 small onion
1 bay leaf
1 sprig of parsley
1 blade of mace
Salt and pepper to taste

Put the tomatoes on the fire with the onion, bay leaf, parsley, and mace, and *simmer* slowly for ten minutes. Melt the butter, add to it the flour; mix until smooth. Press the tomatoes through a sieve, add them to the butter and flour, stir *continually* until it boils, add salt and pepper, and it is ready to use.

This may be served with chops, fillet, or broiled steak.

CREAM TOMATO SAUCE

Make a Tomato Sauce, and, when ready to serve, add to it three tablespoonfuls of thick cream. Do not boil after adding the cream.

WHITE SAUCE

Last, but not least, as this is the foundation of many others:—

1 tablespoonful of butter
1 tablespoonful of flour
½ pint of white stock
Salt and pepper to taste

Melt the butter, but do not brown; add to it the flour; mix, and add the stock; stir continually until it boils; add salt and pepper, and it is ready to serve.

SALADS

In giving recipes for salad dressings, it is almost impossible to give exact quantities, especially if we consider the great diversity of tastes. Delmonico, it is said, used only one yolk as a foundation for a quart of oil, with salt and cayenne as seasoning. For fish, meats, and some vegetables, such as cauliflower, tomatoes, and celery, this dressing (mayonnaise) seems appropriate; but the simple French dressing for lettuce, served as a salad after a hearty meal, is best. In preparing these dressings, use a *silver* or *wooden* fork, a large soup plate, which should be *very, very* cold, and the freshest and best of olive oil, cayenne or white pepper, and good strong vinegar or lemon juice. A common question is, "What can we use in the place of oil?" Cream and melted butter may be used, but will not take the place of the oil. The Spanish proverb is that four persons are necessary to make a good salad: "A spendthrift, for oil; a miser, for vinegar; a barrister, for salt; and a madman, to stir it up."

If you wish to preserve the crispness and flavor of green vegetables for salads, throw them in ice-water for an hour, then dry carefully on a soft towel, being careful not to bruise them, and then put in a cold place until wanted. Never mix *any* salad with the dressing until you are ready

to serve it. Use the coldest of dishes to serve it on, and, if garnished properly, it is one of the most attractive and wholesome dishes on the table.

MAYONNAISE DRESSING

Put the uncooked yolks of two eggs into a clean, cold soup-dish, beat them well with a silver or wooden fork about one minute; then add a half-teaspoonful of salt, a dash of cayenne, and, if you like it, a half-teaspoonful of mustard. Work these well together, and then add, drop by drop, a half-pint or more of olive oil. You must stir rapidly and steadily while adding the oil. Do not reverse the motion, or it may curdle. After adding one gill of oil, alternate occasionally with a few drops of lemon juice or vinegar. The more oil you use, the thicker the dressing. If too thick, add a half-tablespoonful or more of vinegar, until a proper consistency. More or less oil may be added, according to the quantity of dressing wanted. With care a quart bottle of oil may be stirred into the yolks of two eggs, alternating with a few drops of lemon juice or vinegar, after adding the first gill of oil. It is easier, however, to start with three yolks when making a quart of dressing. In case the dressing should curdle, *i. e.*, the egg and oil separate, which makes the dressing liquid, begin anew at once with the yolks of two eggs in another plate, and after stirring them well, add by teaspoonfuls the curdled mayonnaise, stirring all the while, and then finish by adding more oil as directed.

In warm weather, it will take only one-half the time, if you put the dish in which you make the mayonnaise on a piece of ice, or in a pan of ice-water; the oil and eggs should also be cold.

This dressing, if covered closely in a jar or tumbler, will keep in a cold place one week.

It also may be varied by adding plain or tarragon vinegar, whipped cream, a half-teaspoonful of powdered coriander seed, chervil, or onion juice.

FRENCH DRESSING

1 tablespoonful of vinegar
3 tablespoonfuls of olive oil
½ teaspoonful of salt
¼ teaspoonful of black pepper

Put the salt and pepper in a bowl, add gradually the oil, rub and mix until the salt is thoroughly dissolved; then add by degrees the vinegar, stir continually for one minute, and it is ready to use.

Tarragon vinegar may be used for this dressing instead of plain vinegar.

SALAD DRESSING

Yolks of three hard-boiled eggs
1 tablespoonful of vinegar
½ teaspoonful of salt
Yolk of one raw egg
1 gill of olive oil
Dash of cayenne

Mash the cooked yolks until perfectly smooth, then add the raw one, and work with an elastic-bladed knife for five minutes, then add the salt and cayenne, mix again, and add the oil drop by drop, stirring rapidly and steadily all the while; then add the vinegar by degrees, and it is finished.

More oil and vinegar may be added to this if a greater quantity of dressing is required.

SALAD DRESSING WITHOUT OIL

½ pint of milk
Yolks of three eggs
Butter the size of a walnut
1 teaspoonful of salt
2 even tablespoonfuls of corn-starch
2 tablespoonfuls of vinegar
1 saltspoonful of black pepper

Put the milk on to boil. Moisten the corn starch with a

very little cold milk, add to the boiling milk, and stir continually until it boils and thickens; then add the yolks of the eggs well beaten, cook one minute, take from the fire, add the salt, pepper, butter and vinegar, stand away until cold, and it is ready to use.

CREAM SALAD DRESSING

Yolks of three hard-boiled eggs
1 tablespoonful of melted butter
Yolk of one raw egg
2 tablespoonfuls of vinegar
1 gill of thick cream
½ teaspoonful of salt
¼ teaspoonful of black pepper

Mash the hard-boiled yolks until fine, then add the raw yolk and work with an elastic-bladed knife to a perfectly smooth paste; then add the salt, pepper and melted butter, then by degrees the cream, working and stirring all the while; now add the vinegar, mix well, and it is finished.

CHICKEN SALAD

Draw, singe, and boil the chicken same as directed for Chicken Croquettes. When done, and perfectly cold, remove the skin and cut the meat into dice. If you want it very nice, use only the white meat, save the dark for croquettes. After you have cut it, stand it away in a cold place until wanted. Wash and cut the white parts of celery into pieces about a half-inch long, throw them into a bowl of cold water and also stand them away until wanted. To every pint of chicken allow two-thirds of a pint of celery, and a cup and a half of mayonnaise dressing. When ready to serve, dry the celery and mix with the chicken, dust lightly with salt, white pepper or cayenne, then mix with it the mayonnaise. Serve on a cold dish garnished with the white celery tips.

One cup of whipped cream may be added to every half-pint of mayonnaise, when ready to use it. It makes the dressing lighter with less of the oily flavor.

The liquor in which the chicken was boiled may be used for soup.

VEAL SALAD

Veal salad may be made precisely the same as Chicken Salad, using cold roast or boiled veal instead of chicken.

MAYONNAISE OF SWEETBREADS

Clean and parboil one pair of sweetbreads, then throw them into cold water for a half-hour. Remove the fat and skin, and cover them with fresh boiling water; add a teaspoonful of salt and *simmer* gently for twenty minutes. When done, stand away to cool. When cold, cut into thin slices. Wash and dry the tender leaves from one head of lettuce. Rub the bottom of a soup dish with onion and make in it nearly a half-pint of mayonnaise. Place a thin slice of onion in the centre of your salad dish, arrange the lettuce leaves around it; mix the sweetbreads carefully with the mayonnaise, and put in the centre of the dish. Serve.

This is a delicious salad, and if prepared as directed will have only the faintest suspicion of onion.

Tarragon vinegar added to the mayonnaise is a great improvement.

CRAB SALAD

1 dozen crabs
½ pint of mayonnaise dressing
2 heads of salad

Boil the crabs the same as for Deviled Crabs. When cold, pick out the meat, and put it away until wanted. Wash and dry the salad carefully, and make the mayonnaise.

When ready to serve, mix the crab meat and the mayonnaise together. Garnish the dish with the white leaves of the salad, place the crabs in the centre of the dish, and serve.

Or, the salad may be served in the back shell of the crabs, garnished with the tiny salad leaves.

FISH SALAD

Cold boiled or baked fish may be made into salad, allowing one head of lettuce and a half-pint of mayonnaise to every pint of the picked fish.

LOBSTER SALAD

2 lobsters (weighing four or five pounds)
The tender leaves from two heads of lettuce
½ pint of mayonnaise

Boil the lobsters as directed for Boiled Lobster. When cold, take out the meat, being careful not to break the body or tail shells, and rejecting the stomach, the black vein running along the back of the tail, and the spongy fingers on the outside of the body. Cut the meat into dice with a silver knife, and stand it in a cold place until wanted. Make the mayonnaise. Clean the two tail shells, and one back, in cold water, and with scissors, remove the thin shell from the under side of the tail. Wash and dry the lettuce leaves, put them around the salad dish in two or three layers. Join the shells together in the form of a boat, the body shell in the centre, place them in the salad dish. Mix the mayonnaise and lobster together, put it into this boat. If there is any coral, mash it fine and sprinkle it over the whole. Garnish with a chain of the whites of hard-boiled eggs cut into slices and linked together. Serve immediately.

SALAD OF OYSTER CRABS

1 pint of oyster crabs
½ pint of mayonnaise
1 head of lettuce

Throw the oyster crabs into boiling salted water for five minutes, drain, and dry very carefully on a soft towel. When ready to use, mix them with the mayonnaise and serve on the crisp lettuce leaves.

These come in glass jars already blanched; simply drain, wipe and they are ready to use.

OYSTER SALAD

Boil twenty oysters in their own liquor five minutes, drain, wash in cold water, then dry and stand away until very cold. When cold, mix with a half-cup of mayonnaise, and serve on crisp salad leaves.

MAYONNAISE OF SALMON

One pint of cold boiled or canned salmon, free from all bones and skin, and a half-pint of mayonnaise, may be mixed together and served on a bed of crisp salad leaves.

SHAD-ROE SALAD

Wash one set of shad roes, put them in a saucepan, cover them with boiling water, add a teaspoonful of salt, put the lid on the saucepan and *simmer* gently twenty minutes. When done, lift them carefully from the water and stand away until perfectly cold. Make a half-pint of mayonnaise and stand it away also. When ready to serve, remove the skin from the outside of the shad roe and cut them into thin slices. Put one slice of onion in the centre of the salad dish, arrange around it crisp salad leaves, heap the shad roe in the centre, pour over it the mayonnaise, and it is ready to serve.

SHRIMP SALAD

Boil the shrimps as in recipe for Boiled Shrimps, and when cold remove the shells, and stand away until *very* cold. To every pint of the boiled shrimps allow nearly a half-pint of mayonnaise. When ready to serve, cut the shrimps into small pieces with a silver knife, mix them with the mayonnaise, and serve on crisp salad leaves.

Dunbar's or White's canned shrimps are very nice, and may be used for salad. After removing them from the can, wash them in cold water, dry them with a soft towel, and they are ready to use.

Sardines and anchovies may also be made into salads.

SALAD OF ASPARAGUS TOPS

1 pint of asparagus tops
The rule for French dressing

Boil the tops in salted boiling water for fifteen minutes, drain, throw into cold water, and let stand until ready to use. Then dry carefully with a soft napkin, put them into the salad dish, pour over the French dressing; let stand about ten minutes, and serve.

BEET SALAD

Slice, and cut into dice, sufficient cold boiled beets to make one pint; heap them in the centre of a salad dish and cover with a half-pint of sauce Tartare. Garnish with parsley, and serve very cold.

SALAD OF STRING BEANS

Trim one pint of very young beans, put them in a saucepan, cover with boiling water, add a teaspoonful of salt and boil thirty minutes. When done, drain and throw them into cold water until very cold, then dry them with a soft towel, cut each bean in four pieces lengthwise, arrange them neatly on a salad-dish, cover them with French dressing, let stand one hour, and serve.

CAULIFLOWER SALAD

1 medium-sized head of cauliflower
½ pint of mayonnaise

Boil the cauliflower as directed, throw into cold water until wanted, then pick it apart carefully, dry with a soft napkin, put in the salad dish, pour over the mayonnaise, let it stand fifteen minutes, and serve.

CELERY SALAD

Cut the white stalks of celery into pieces a half-inch long. To every pint of these pieces allow a half-pint of mayonnaise dressing. Dust the celery lightly with salt and pepper, mix it with the dressing, heap it on a cold plate, garnish with white tips of the celery, and serve immediately. Do not mix the celery and dressing until you are ready to use the salad.

COLD SLAW

1 quart of cut cabbage
½ cup of cream (sour is best)
2 tablespoonfuls of vinegar
2 eggs
1 teaspoonful of salt
A little pepper
Butter the size of a walnut

Cut the cabbage very fine and put it in an earthen bowl. Put the vinegar on to boil. Beat the eggs until light, add to them the cream and butter. Now add to these the boiling vinegar. Stir over the fire until boiling hot, add the salt and pepper, and pour over the cabbage, and it is ready to serve when very cold.

CUCUMBER SALAD

2 young cucumbers
½ teaspoonful of salt
¼ teaspoonful of black pepper
4 tablespoonfuls of vinegar

Pare and slice the cucumbers very thin, soak them in cold water one hour, then drain and dry. Put them in your salad bowl, sprinkle them with the salt and pepper, and pour over the vinegar. Serve immediately.

EGG SALAD

Boil six eggs fifteen minutes; while they are boiling, make a French dressing and add to it one tablespoonful of tarragon vinegar, one tablespoonful of onion juice and one tablespoonful of finely chopped parsley. When the eggs are done remove the shells, cut them into slices, and arrange them on a salad dish so that one overlaps the other; pour the dressing over while the eggs are still hot, stand away in a cold place for one or two hours, garnish with parsley, and serve.

LETTUCE SALAD

Choose the crisp centre leaves of the head lettuce. Wash them, if necessary, and dry thoroughly and carefully with a soft towel. Break or tear the leaves into convenient pieces with a silver fork. Cover with a French dressing, turn the whole upside down to mix it well, and serve *immediately*.

It is customary in this country to serve mayonnaise with lettuce salad, but after one has had a heavy dinner the simple French dressing is more refreshing.

The following may be made and served the same as lettuce salad:—

Endive	Water-cress	Nasturtium blossoms	Sorrel
Peppergrass	Turnip tops	Dandelions	Corn-salad

MACEDOINE SALAD

- 1 boiled beet
- 2 tablespoonfuls of cooked green peas
- 1 dozen boiled string beans
- ½ cup of boiled asparagus tops
- 1 boiled carrot
- 1 small onion
- 1 root of celery
- ½ pint of mayonnaise dressing

Cut the beet, beans, carrot, and celery into small pieces; chop the onion very fine; mix all the vegetables carefully together, then add the mayonnaise, and serve *immediately*.

If the vegetables are properly prepared, this makes a delicious salad.

The vegetables may be purchased in bottles, ready prepared, from the grocer.

POTATO SALAD

3 good-sized potatoes
1 teaspoonful of salt
1 saltspoonful of black pepper
9 tablespoonfuls of olive oil
3 tablespoonfuls of vinegar
1 good-sized onion
3 or 4 sprigs of parsley

Pare and boil the potatoes. While they are boiling, prepare the dressing. Put the salt and pepper into a bowl, and add gradually the oil; stir until the salt is thoroughly dissolved; add gradually the vinegar, stirring all the while. Chop the onion *very*, *very* fine. When the potatoes are done, cut them into thin slices, mix them carefully with the onion, then add the dressing, and turn them upside down without breaking the potatoes. Dish, and stand away in a cold place for one or two hours. Sprinkle with the parsley chopped very fine. The dish may be garnished with parsley and pickled beets cut in fancy shapes.

TOMATO SALAD

6 tomatoes
½ cup of mayonnaise dressing
The crisp part of one head of lettuce

Peel the tomatoes without scalding, and put them on ice until they are *very*, *very* cold. Make the mayonnaise, and stand it on the ice until wanted. The lettuce may also be washed and dried. When ready to serve, cut the tomatoes in halves. Make twelve little nests with two or three salad leaves each, arrange uniformly on the dish, place half a tomato in each nest, put a tablespoonful of mayonnaise on each tomato, and serve immediately.

FRUIT SALAD DRESSING No. 1

4 tablespoonfuls of sugar
½ teaspoonful of cinnamon
1 gill of sherry
2 tablespoonfuls of Madeira

Mix the sugar and cinnamon together, add the wine, and stir constantly until the sugar is dissolved.

FRUIT SALAD DRESSING No. 2

4 tablespoonfuls of sugar
1 gill of sherry
1 tablespoonful of maraschino
2 tablespoonfuls of champagne

Mix all the ingredients together, and stir until the sugar is dissolved.

APPLE SALAD

6 apples
4 tablespoonfuls of powdered sugar
¼ teaspoonful of cinnamon
1 gill of sherry

Pare, core, and cut the apples into very thin slices. Put a layer of these slices in the bottom of a glass dish, sprinkle them with the sugar, and a little cinnamon, then another layer of apples, and so continue until all is used. Pour the wine over, and stand away in a cold place for one hour, and it is ready to use.

APRICOT SALAD

Pare, cut the apricots in halves, and remove the stones. Arrange the halves neatly in a bowl, with the stone sides up; then pour over them Fruit Salad Dressing, No. 2, stand in a cold place one hour, and serve.

BANANA SALAD

Peel and cut six bananas into thin slices, then pour over them Fruit Salad Dressing, No. 2, stand in a cold place one hour, and serve.

ORANGE SALAD

Peel, cut six oranges into slices and remove the seeds, pour over them Fruit Salad Dressing, No. 2, stand away one or two hours, and serve.

Mandarins may be used in the same manner.

PEACH SALAD

Made precisely the same as Apricot Salad.

DINNER-GIVING FOR SENSIBLE PEOPLE

Little dinners, pretty and enjoyable, are, to my mind, the only rational way of entertaining. If people in ordinary circumstances are to make them a success, they must try no elaborate dishes, no long dinners which it is necessary to get some one in to cook; for this is always evident, and makes dinner-giving both a burden and an expense. If little dinners are to be successful, they must bring neither, otherwise they lapse into long dinners, too often stupid, with the hostess too wearied to be bright, after a day spent in a hot kitchen, helping her incompetent cook to struggle with unaccustomed, and hence difficult, dishes. As one course after another comes on, their success is her chief anxiety, rather than the entertainment of her guests. Inexpressibly better a simple joint, with roast potatoes, and a fresh, bright hostess, whose only thought is the intellectual entertainment of her guests.

The elaborate and conventional dinner, complete at all points, which the dinner-giving of a century and a half has evolved, is beyond any but the very wealthy. Very few of them succeed in giving it, and still fewer of their guests enjoy it. Its triple triplets of oysters, soup, and

fish, the relève, entrées, and roast, a pause of rum punch to stimulate languishing digestion, game with salad, sweets and ice, coffee to close, and a bewildering series of wines, with an alcoholic appetizer to begin and end, have, however, had their effect in making many feel that a formal dinner must only follow this model from afar. So, with only the resources of a simple household, they compass, with infinite labor, oysters, soup, and fish, add some made dish to the meat, and put salad before and ice cream after the pudding or sweets. But success here, with a moderate income, is as rare as success with the long dinner at the complete table. Try to grasp the theory of the elaborate edifice which custom and convention has piled up, and see if your own resources cannot reproduce its purpose with better success. After having carefully analyzed it, you will see at once that the most complex dinner simply aims to begin with something of easy digestion, slide by some transition to the roast, and make sure that through salad, sweets and coffee, the last half of your dinner shall interest the appetite as well as satisfy hunger. You, have, therefore, soup, roast, dessert, which make up the usual dinner of thoroughly civilized people, and below you will see how, with but moderate resources, you may so vary this as to make a "little dinner" complete and satisfying in itself; more, the most elaborate meal at Delmonico's cannot do.

To begin with, don't have too many people. It is as bad as too many courses. Until years of experience have taught you how to conduct and carry on the conversation and social contact of eight or ten, six at the utmost are enough for a successful dinner. Get together around an evening dinner table, six of the pleasantest people whom you know (including yourself), put at defiance most of the traditions for a dinner party, and success will be quite sure to be the result. I say "night," because there is an inde-

scribable something about the meal, together with the hour and the lights and all, that seems to make people talk as they never talk at a noon dinner or at a tea.

Have only what your cook can do easily, and, above all things, never try anything that you have not had sufficiently often when you are by yourselves to be quite sure she can do it well. If you are too far from the sea for oysters on the shell to be quite perfect, or even if you are not, begin with soup. Follow this, perhaps, with cream macaroni. It is more easily prepared than fish in any form, and almost every one likes it. This should be succeeded by the usual roast, or something of the sort, with which serve one vegetable only, beside rice or potatoes. Then, of course, comes a salad, and after that some sweet as a dessert. East India preserved ginger is one of the nicest things possible, and not at all expensive, as a jar costing $1.50 will make several desserts. Serve with it some wafers or delicate, thin water-crackers, and be sure to serve it from the jar in which it comes, standing the jar on some pretty plate. Lastly, comes black coffee.

S. W. R. WILLIAMS.

MENUS

It would, indeed, be a difficult task to add to what has already been given in modern bills of fare, but the few following may be of use in small and less pretentious families:—

BREAKFAST

Oat Meal Mush with Whipped Cream

Broiled Steak Stewed Potatoes

Quick Muffins

Coffee

Fruit

BREAKFAST

Fried Indian Mush, Maple Syrup
Cecils of Cold Meat Saratoga Potatoes
Flannel Cakes
Cocoa
Fruit in Season

BREAKFAST (SPRING)

Small Hominy Boiled in Milk
Lamb Chops, Broiled Lyonnaise Potatoes
Gems Coffee
Orange Salad

BREAKFAST (SPRING)

Flannel Cakes Coffee
Fried Chicken, Cream Sauce
Scalloped Potatoes
Salad with French Dressing

BREAKFAST IN LENT

Oat Meal Mush with Whipped Cream
Broiled Oysters Beauregard Eggs
Muffins
Coffee or Chocolate
Pomegranates

BREAKFAST (SUMMER)

Strawberries without Stemming
Broiled Tomatoes, Cream Gravy New Potatoes, Boiled
Cheese Ramakins
Rolls
Coffee

LUNCHEON

Bouillon

Orange Sherbet Served in Orange Skins

Fish à la Reine in Paper Cases

Chicken Croquettes French Peas

Terrapin with Saratoga Potatoes

Boned Chicken

Wafers Cheese

Montrose Pudding

Black Coffee

LUNCHEON

Roman Punch Served in Ice Tumblers

Sweetbreads à la Crême Served in Paper Cases

Partridges on Toast

Salmon Croquettes, Sauce Hollandaise

Cheese Ramakins

Charlotte Russe

Black Coffee

DINNER (SPRING)

Julienne Soup

Oysters à la Crême

Roast Lamb, Mint Sauce Peas New Potatoes

Lettuce, French Dressing

Crackers and Cheese

Black Coffee

DINNER (SUMMER)

Tomato Soup with Croûtons

Boiled Sheep's Head, Sauce Hollandaise

Fillet of Beef with Mushroom Sauce

Potatoes Peas Corn in the Husk

Tomato Salad

Cheese and Wafers

Strawberry Bavarian Cream

DINNER (AUTUMN)

Purée of Beans
Stuffed Cabbage with Cream Sauce
Roast Chicken, Giblet Sauce
Mashed Potatoes Stewed Tomatoes Rice Croquettes
Celery with Mayonnaise
Cheese Fingers
Wigwam Pudding
Black Coffee

DINNER (WINTER)

Oysters on the Half Shell
Consommé
Cream Macaroni
Boiled Leg of Mutton, Caper Sauce Currant Jelly
Mashed Potatoes Peas Cauliflower
Lettuce with French Dressing
Water Crackers Neufchâtel
Lemon Sponge
Black Coffee

SUPPER

Fried Chicken Waffles
Stuffed Potatoes
Sliced Tomatoes Sardines
Fruit
Iced Tea

EGGS

To ascertain the freshness of an egg without breaking it, hold it before a strong light, or toward the sun, and if the yolk appears round, and the white surrounding it clear, the chances are it is good.

Or, put them in a bucket of water; the fresh ones will sink immediately, those that float are doubtful. The shell of a fresh egg looks dull and porous.

To preserve eggs, it is only necessary to close the pores of the shell. This may be done by varnishing, or by dipping in melted suet, and then packing them in salt with the small end downward.

Or, make a lime water by pouring one gallon of boiling water over one pound of lime; when cold and settled, pour it off carefully into a stone jar over the eggs, which must be packed with the small ends downward; keep in a cool, dark place. I have used this recipe myself with perfect success, the eggs being fresh and sweet at the end of three months.

BAKED EGGS

6 eggs
2 tablespoonfuls of finely-chopped chicken
2 mushrooms, chopped fine
1 tablespoonful of chopped parsley

⅛ teaspoonful of ground mace
Dash of cayenne
Salt to taste

Boil the eggs fifteen minutes, throw them into cold water, shell them, cut them into halves crosswise, cut a little slice from the bottom to make them stand. Take out the yolks, mash them fine, add to them all the other ingredients, mix thoroughly. Fill the hollowed whites and heap up in a tiny pyramid, brush over with the yolk of a raw egg, and put in the oven to brown; while they are browning, broil a slice of ham, cut it into as many squares as there are eggs. Make a Cream Sauce (see recipe). Serve the eggs on the squares of ham, and pour the cream sauce around them.

BEAUREGARD EGGS

5 eggs — ½ pint of milk
1 tablespoonful of corn starch — Lump of butter, size of a walnut
5 squares of toast
Salt and pepper to taste

Cover the eggs with boiling water and boil for twenty minutes. Take off their shells, chop the whites fine and rub the yolks through a sieve. Do not mix them. Now put the milk on to boil, rub the butter and corn starch together, and add to the boiling milk. Now add the whites, salt and pepper. Put the toast on a hot dish, cover it with a layer of this white sauce, then a layer of the yolks, then the remainder of the whites, and then the remainder of the yolks. Sprinkle the top with a little salt and pepper, stand in the oven for a minute or two, and serve. This is good and sightly.

EGGS à la BECHAMEL

6 eggs — 1 tablespoonful of butter
1 tablespoonful of flour — 1 gill of white or veal stock
gill of cream — Yolk of one egg
Salt and pepper to taste

Boil the eggs fifteen minutes; while they are boiling, prepare

the sauce as follows: Melt the butter in a frying-pan, being careful not to brown it; add to it the flour, mix until smooth; add the stock and cream, and stir *continually* until it boils; add salt and pepper, and stand it over the tea kettle to keep warm while you shell the eggs. Cut the whites into thin shreds, chop the yolks into tiny squares, then pile them in the centre of a shallow, heated dish, and arrange the whites around them. Give the sauce a stir and pour it around the eggs.

BOILED EGGS

The fresher laid the eggs are, the better. Put them in boiling water; if you like the white set, about two minutes' boiling is enough. A new-laid egg will take three minutes, if you wish the yolk set. To boil hard, for salads or made dishes, will take ten minutes.

EGGS FOR BREAKFAST

6 eggs
1 tablespoonful of flour
1 slice of onion
6 mushrooms
1 tablespoonful of butter
2 tablespoonfuls of cream
1 bay leaf
½ pint of white stock

Boil the eggs for fifteen minutes. Remove the shells, take out the yolks, being careful not to break them; cut the whites and the mushrooms into dice. Put the butter on to melt, add the flour, mix until smooth; add the stock and cream, stir continually until it boils; add the salt and pepper, the whites of the eggs, and the mushrooms, stir over the fire until it comes again to a boil, throw in the yolks and let it stand over the tea kettle for one or two minutes until the yolks are heated. Serve in a small shallow dish.

EGGS à la CRÊME

6 eggs
1 tablespoonful of flour
½ teaspoonful of salt
1 tablespoonful of butter
½ pint of milk
Pepper to taste

Boil the eggs fifteen minutes, remove the shells, and cut them in halves crosswise. Slice a little bit off the bottom to make them stand. Put the butter in a frying-pan to melt, then add the flour, mix until smooth, add the milk and stir continually until it boils, add the salt and pepper. Stand the eggs on a heated platter, pour the sauce over and around them. Serve very hot.

DEVILED EGGS

12 eggs
1 large teaspoonful of French mustard
2 heaping tablespoonfuls of cold boiled ham or tongue
1 tablespoonful of olive oil
Salt and cayenne to taste

Cover the eggs with warm water, and boil fifteen minutes, then throw them into cold water for half an hour; this prevents the whites from turning dark. Remove the shells, and cut the eggs in halves lengthwise. Take out the yolks carefully without breaking the whites. Rub the yolks to a smooth paste with the mustard and oil, then add the ham or tongue finely chopped, the salt and pepper, and mix thoroughly. Fill the hollowed whites with this mixture, and serve on a bed of water-cress or salad.

For picnics or garden parties, put the two corresponding halves together and press them closely. Cut white tissue paper into pieces six inches square, fringe the opposite sides, roll one egg in each paper, twist the fringed ends same as the candied secrets. Serve on a napkin, in a pretty little basket, garnished with smilax or myrtle.

EGGS FONDUE

6 eggs
2 heaping tablespoonfuls of Parmesan
¼ teaspoonful of salt
1 dash of cayenne

Beat the eggs with a fork until light, add the salt, pepper

and Parmesan. Put a tablespoonful of butter in a frying-pan; when hot, turn in the eggs, and stir until thoroughly cooked and smooth. Serve on squares of buttered toast.

FRIED EGGS

Cut a nice piece of bacon into squares, put these in a frying-pan, and set over a gentle fire, that they may lose their fat. When as much as will freely come out is melted from them, lay them on a warm dish. Break the eggs gently into a saucer, and then slide them into the fat. Fry gently until the yolk is set. Take out with a slice, place on the warm dish, and garnish with the bacon.

EGGS IN MARINADE

6 eggs
1 pint of vinegar
½ teaspoonful of salt
24 whole cloves
½ teaspoonful of ground mustard
½ teaspoonful of pepper

Boil the eggs fifteen minutes. Take off the shells and stick four cloves into each egg. Put the vinegar on to boil. Rub the mustard, salt, and pepper with a little cold vinegar, to a smooth paste, and add to the vinegar when boiling. Stir over the fire one minute. Put the eggs in a glass fruit jar, pour over them the boiling vinegar, cover, and let stand two weeks.

These are nice to serve as an accompaniment to broiled steak.

EGGS sur le PLAT

Butter the bottom of little egg basins or one large tin dish. Break one egg into each of the basins, being careful not to break the yolk, or six eggs may be broken in the large dish. Sprinkle with salt and pepper, and bake in a quick oven until the yolks are set. Serve in the dish in which they are cooked.

POACHED EGGS

Strictly fresh eggs only are fit to poach. The beauty of a poached egg is for the yolk to be seen blushing through the white, which should be just sufficiently hardened to form a veil for the yolk. Have some fresh boiling water in a stew-pan, break the egg into a saucer, remove the pan from the fire and gently slip the egg into it. Now break another, and so on until the bottom of the pan is covered. Now put it over a moderate fire, and as soon as the water boils the eggs are ready; take them up with a slice, and neatly round off the ragged edges of the whites. Serve on buttered toast.

SCRAMBLED EGGS

Break six eggs in a bowl and beat them gently until all the yolks are broken. Put a piece of butter the size of a walnut in a frying-pan and put over the fire to melt; as soon as it is hot, turn in the eggs and stir continually until they are set. Serve immediately.

STUFFED EGGS

6 eggs
1 tablespoonful of tongue or ham
1 tablespoonful of melted butter
Salt and pepper to taste

Boil the eggs fifteen minutes. Cut them in halves lengthwise, take out the yolks carefully, mash them fine, add the butter, the tongue or ham finely chopped, salt and pepper. Rub together until smooth. Fill the hollowed whites with this, and press the corresponding halves together. Dip them first in egg, then in bread crumbs, then again in egg and again in bread crumbs. Fry in boiling fat. Serve hot with Cream Sauce poured around them. These are delicious but are difficult to make.

PLAIN OMELET

Put three eggs into a bowl, and give them twelve good vigorous beats with a fork. Put a piece of butter the size of a walnut in a *very smooth* frying-pan, shake it over the

fire until melted, but not brown, turn in the eggs and shake over a quick fire until they are set; sprinkle with salt and pepper, roll and turn out on a hot dish. It is much easier to make several small omelets than one large one.

BENGAL OMELET

6 eggs
1 tablespoonful of Spanish onion, chopped fine
1 tablespoonful of chopped parsley

Beat the eggs until thoroughly mixed, add the onion and parsley, and make the same as a plain omelet; dust with salt and pepper, and serve.

HAM OMELET

Make the same as Plain Omelet, and as soon as it begins to thicken, sprinkle over it three tablespoonfuls of finely-chopped ham; roll, and serve.

Cheese, Parsley, Jelly and Chicken Omelets are made in the same manner.

POTATO OMELET

Two boiled potatoes, chopped fine. Put a tablespoonful of butter in a frying-pan; and, when very hot, add the potatoes. Shake over the fire until a nice brown; then sprinkle with chopped parsley, salt and pepper. Stand them where they will keep warm until you make a plain omelet. When the omelet is partly set, spread over the potatoes, roll, and serve.

BREAD OMELET

3 eggs
¼ teaspoonful of salt
1 dash of black pepper
½ cup of bread crumbs
½ cup of milk
Piece of butter, size of walnut

Beat the eggs separately. Add to the yolks the milk, salt, pepper, and the bread crumbs. Now stir into this *carefully* the beaten whites; mix very lightly. Put the butter in a very smooth frying-pan; as soon as hot, turn in the mixture gently, and set it over a clear fire, being very care-

ful not to burn; shake occasionally, to see that the omelet does not stick, the same as Plain Omelet. Now stand your frying-pan in the oven for a moment to set the middle of the omelet. When done, toss it over on a warm platter to bring the brown side of the omelet uppermost; or, it may be folded in half, and then turned out in the centre of the platter. Serve immediately, or it will fall.

SPANISH OMELET

6 eggs	3 tablespoonfuls of milk
1 medium-sized tomato	5 mushrooms
1 small onion	¼ pound of bacon
1 dash of black pepper	¼ teaspoonful of salt

Cut the bacon into very small pieces and fry it until brown; then add to it the tomato, onion, and mushrooms chopped fine; stir and cook for fifteen minutes. Break the eggs in a bowl, and give them twelve vigorous beats with a fork; add to them the salt and pepper. Now put a piece of butter the size of a walnut in a smooth frying-pan, turn it around so as to grease the bottom and sides. When the butter is hot, pour in the eggs and shake over a quick fire until they are set. Now quickly pour the mixture from the other frying-pan over the omelet, fold it over once, and turn it out in the centre of a heated platter, and serve immediately.

OMELETTE SOUFFLÉE

Whites of six eggs Yolks of three eggs
Juice of half a lemon 3 tablespoonfuls powdered sugar

First grease a quart baking-dish with butter, and then see that the oven is hot. Now beat the whites to a *very* stiff froth, beat the yolks, add them to the whites, then the sugar and juice of lemon; stir carefully, and *quickly* heap into the baking-dish; dredge with powdered sugar and put into the oven. Bake fifteen minutes, or until a golden brown, and serve *immediately*. It may also be baked in paper cases.

VEGETABLES

All green vegetables should be freshly gathered, washed well in cold water, and cooked in freshly-boiled water until tender, *no longer*. After water has boiled for a time it parts with its gases and becomes hard, and most vegetables are better cooked in soft water. It is a well-known fact that split peas, dried beans and lentils do not boil soft in hard water. The salts of lime, sulphate or gypsum coagulate the casein which these seeds contain. In some cases, however, the solvent power of pure, soft water is so great that it destroys the firmness, color and outside covering (skin) of the green vegetables, and allows their juices to pass out into the water. This is especially true of green peas and beans. In these cases, therefore, hard water is better than soft. A teaspoonful of common salt added to every gallon of water hardens it at once. A half-teaspoonful of bi-carbonate of soda to every gallon of water renders it soft. French books recommend the same quantity of carbonate of ammonia for the latter purpose.

Young, green vegetables should be cooked in boiling salted water. Onions, if boiled in pure, soft water, are almost tasteless, and all the after-salting cannot restore to them the sweet saline taste and the strong aroma which they possess when boiled in hard water (salted).

If green vegetables are wilted, soak them for an hour or two in clear, cold water; never add salt, as it hardens the tissues.

Peas, beans and lentils are the most nutritious of all vegetable substances. They are said to contain as much carbon (heat-giving food) as wheat, and almost double the amount of nitrogen (muscle-forming food). The nitrogenous element of these vegetables consists chiefly of vegetable casein.

Lentils afford the most concentrated form of vegetable diet, and in olden times their nutritious value was fully appreciated. Esau sold his birthright for a mess of red lentil pottage. We read that the Pyramids were built by men who lived on lentils, garlic and water. A dish served to persons of distinction in the time of Pharaoh was composed of lentils, and with this high reputation they are almost unknown in this country, except to the Germans, who use them for soup, which, though made entirely without meat, is most nutritious.

The potato, next to wheat, is the most important food derived from the vegetable kingdom. We may class it among the starch vegetables. It contains but little muscle-forming food, and therefore should be eaten with lean meats or other nitrogenous food, supplying the elements wanting in that food, and correcting the influence of a too-concentrated form of nutriment. Potatoes are three-fourths water; the remaining one-fourth contains a large proportion of starch, with a small quantity of albumen, casein and gluten, dissolved in its juices.

In the spring the sprouts begin to grow at the expense of the starch in the potato; therefore, at this season they are less mealy and nutritious. The sprouts should be rubbed off as soon as they appear, or they will exhaust the starch. When they are wilted in this way they are improved by

being soaked in cold water several hours before cooking, and put on to boil in cold water.

The cooking of potatoes is indeed an art; they are dressed in some way in almost every family every day, and no vegetable is so often poorly served. Observe the following rules and you will have no trouble:

1. Be careful in the choice of your potatoes; choose those of medium size, free from blemishes and of a yellowish-white color; and, if possible, acquaint yourself with the soil in which they were raised—those from a rich, heavy soil being more nutritious.

2. As the nutritious part of the potato lies near the skin, if you pare at all, do it very sparingly. As it contains potash, a constituent part of the blood, which is soluble in water, we would advise boiling in the jacket.

3. If your potatoes are not wilted, put them on to boil with just boiling water enough to cover them, place over a moderate fire to boil slowly until nearly done, then throw in a half-cup of cold water, which will chill the surface; by this you render the potato mealy throughout. Cook until soft enough to admit a fork.

4. When done, drain off every drop of water, uncover the saucepan, sprinkle the potatoes with salt, to absorb the moisture, and stand on the back part of the stove to dry, shaking them over, now and then, to expose every side of the potato to the air. Remove the skins quickly.

5. Serve in an uncovered dish.

Potatoes are more wholesome baked than boiled.

Cabbage-leaves are rich in gluten, therefore very nutritious. The mushroom, also, is said to contain 56 per cent. of gluten, and dried cauliflower contains more than either.

Turnips, carrots, parsnips, and beets contain very little

nourishment, but for this reason are valuable adjuncts to concentrated food, and produce the necessary waste for proper intestinal action.

FRENCH ARTICHOKES

French artichokes have a large, scaly head, like the cone of a pine tree.

Strip off the coarse outer leaves, cut the stalks off about an inch from the bottom, wash well in cold water, then throw them in boiling water, add a teaspoonful of salt, and boil slowly until the outer leaves are tender; then take from the fire, put them upside down on a plate to drain. Arrange in a circle upon a hot dish, the tops up, pour over them Béchamel or sauce Hollandaise, and serve.

JERUSALEM ARTICHOKES

Wash and scrape the artichokes, throw them into cold water, and soak two hours, then cover them with boiling water, and boil until tender; watch closely, or they will harden again. Serve with Cream Sauce.

PICKLED JERUSALEM ARTICHOKES

Boil the artichokes as directed in preceding recipe, drain and put them in a stone jar. To every quart of artichokes allow one pint of cider vinegar, one bay leaf, one slice of onion, four whole cloves, and a blade of mace. Put the vinegar in a porcelain-lined kettle with all the other ingredients, stand it over a moderate fire, and bring slowly to boiling point, then pour it over the artichokes, and stand away to cool.

They will be ready to use in twenty-four hours, and will keep two weeks.

BOILED ASPARAGUS

Wash the asparagus carefully in cold water, and cut off the tough white ends. Scrape the white part which remains, and throw into cold water to soak for thirty minutes. Now tie it in small bundles, and put it into a kettle of boiling water, and boil for twenty minutes; then add a teaspoonful of salt, and boil ten minutes longer. While the asparagus is boiling, toast squares of bread, cutting off the crust; butter while hot, and lay on a heated platter. Take up the asparagus, drain, cut the strings, and heap it on the toast, the heads all one way. Put a tablespoonful of butter to melt, add to it one tablespoonful of flour; mix until smooth; now add a half-pint of the water in which the asparagus was boiled, stir continually until it boils, season it with salt and black pepper to taste, pour it over the asparagus, and serve.

STEWED ASPARAGUS

Wash the asparagus well in cold water, then cut it in pieces about an inch long, rejecting all the tougher parts. Put it in a kettle, cover with boiling water, and boil thirty minutes; then put it in a colander to drain. Now put it in a saucepan, pour over it a half-pint of cream, add a tablespoonful of butter, salt and black pepper; let it boil up once, and serve.

ASPARAGUS IN AMBUSH

1 quart of asparagus tops — 1 pint of milk
9 stale breakfast rolls — 4 eggs
1 large tablespoonful of butter
Salt and black pepper to taste

Wash the asparagus tops, boil fifteen minutes, and drain them in a colander. Cut the tops off the rolls, and take out the crumb, then set them open in the oven to dry, laying each top by the roll from which it was taken. Put the

milk on to boil in a farina boiler. Beat the eggs until light, then stir them in the boiling milk, and stir until it begins to thicken ; add the butter, salt, and pepper, and take from the fire. Chop the asparagus tops, then add them to the milk. Take the rolls from the oven, fill them with this mixture, put on the tops, and serve hot. *Good.*

LIMA BEANS

Cover the beans with freshly-boiled soft water, and boil thirty minutes; drain, add salt, pepper, and butter, or a half-cup of boiling cream.

A sprig of mint may be boiled with the beans, and removed before serving.

LIMA BEANS (DRIED)

Soak one pint of beans in warm water over night. In the morning drain off this water, and cover with fresh warm water. Two hours before dinner-time, drain again, cover them with boiling *soft* water, and boil thirty minutes ; drain again ; cover with fresh boiling *soft* water, and boil until tender. Add a teaspoonful of salt after they have been boiling an hour. When done, drain them, dredge with a tablespoonful of flour ; add one tablespoonful of butter, a half-pint of cream, salt and pepper to taste ; or, they may be served with butter, salt, and pepper.

All shelled beans, such as butter, kidney, and the small French beans, are cooked the same as lima beans.

STRING BEANS

Break the blossom end of the bean, and pull it back to remove the string. Then pare a thin strip from the other edge of the pod. In this way only are you sure that every string is removed. Cut the beans into pieces an inch long, and lay them in clear, cold water for thirty minutes. Drain

them, put into a saucepan, cover with boiling water, and boil one hour. Drain; stir into them one tablespoonful of butter; salt and pepper to taste.

A half-pound of ham may be cut into pieces and boiled with the beans to give them flavor.

BEAN POLENTA

1 pint of small white soup beans
1½ tablespoonfuls of molasses
½ teaspoonful of French mustard
1 tablespoonful of butter
1 tablespoonful of vinegar
Salt and pepper to taste

Wash the beans, and soak them over night in lukewarm water. In the morning, drain off this water, cover with fresh, cold water, bring slowly to a boil, and boil slowly one hour; drain again, cover with one quart of fresh boiling water, and boil slowly another hour. When done, press through a colander, return to the kettle, add the butter, molasses, mustard, salt, pepper, and vinegar; stir, and boil ten minutes. Serve in a vegetable tureen.

BEAN CROQUETTES

1 pint of white soup beans
1 tablespoonful of molasses
1 tablespoonful of vinegar
1 tablespoonful of butter
Salt and cayenne to taste

Boil the beans as directed in preceding recipe. When done, drain, and press the beans through a colander, then add the other ingredients, mix well and stand away to cool. When cold, form into small balls, dip first in egg and then in bread crumbs, and fry in boiling fat.

PURÉE OF BEANS

1 quart of dried beans
1 pound of ham
1 bay leaf
1 onion
1 carrot
1 tablespoonful of butter
Salt and pepper to taste

Wash and soak the beans in lukewarm water over night. In the morning, drain, cover with fresh cold water, boil one hour, drain again, and just cover again with fresh boiling water, add a quarter-teaspoonful of bicarbonate of soda, the ham, bay leaf, onion and carrot; boil until they will mash easily under light pressure. When done, remove the ham and press the beans through a colander. Return them to the kettle, add the butter and sufficient cream to make the purée the desired thickness. Season with salt and pepper, let boil up once, and serve.

Purées of dried peas, lentils and split peas are made the same as purée of dried beans.

BOILED BEETS

Wash carefully, but do not cut or scrape them. If the skin is broken before cooking, they lose their flavor and color in the boiling water. Young beets will cook tender in one hour. Old ones will require four hours. If very tough and wilted they will never become tender. When done, throw them into a pan of cold water and quickly rub off the skins. Cut them in slices, pour over them a tablespoonful of melted butter, dust with salt and pepper, and they are ready to serve.

The cold ones left over may be covered with cold vinegar and used as pickles.

BROCCOLI

Pick off the leaves and cut the stalk close to the bottom of the bunch. Lay in cold water half an hour. Tie it in a cheese-cloth to prevent breaking; put into a kettle of salted boiling water, and boil rapidly twenty minutes. Take it out carefully, untie the cheese-cloth, lay the broccoli in a hot dish, pour over it a half-pint of Cream Sauce, and it is ready to serve.

BRUSSELS SPROUTS

1 quart of sprouts 1 tablespoonful of salt
½ gallon of water

Pick off all the dead leaves from the sprouts, wash them in cold water, then put them into the water, which must be boiling, add the salt and a quarter-teaspoonful of bicarbonate of soda. Boil rapidly, with the saucepan uncovered, twenty minutes, then drain in a colander, and serve in a heated dish with a sauceboat of Drawn Butter.

BOILED CABBAGE

Select a heavy white head. Remove the outside leaves, cut in quarters and soak in cold water one hour, then drain and cover with boiling water, let stand fifteen minutes; drain again, and press out all the water. Now put the cabbage in a kettle nearly filled with boiling water; add a teaspoonful of salt, and a small piece of a Chili pepper; cover and boil one hour, if the cabbage is young; two hours, if old. The Chili pepper is supposed to diminish the unpleasant odor.

CORNED BEEF AND CABBAGE

Wash the meat in cold water. Put it in a large kettle and cover with cold water. *Simmer* gently for two hours. In the meantime, remove the outside leaves from a hard white head of cabbage, cut it in quarters and soak in cold water one hour. After the meat has been *simmering* two hours, add the cabbage, and *simmer* one and a half hours longer. When done, put the meat in the centre of a large dish with the cabbage around it. Serve with it tomato catsup, mustard or horseradish.

STEWED CABBAGE

Cut a small head of cabbage in halves, soak in cold water one hour, then drain and shake dry. Remove the stalk or

hard part, and chop the remainder very fine. Put it in a stewing-pan with boiling water enough to cover, and boil twenty minutes. Drain in a colander. Turn into a heated dish, and pour over it Cream Sauce.

STUFFED CABBAGE

For this select a nice head of Savoy cabbage. Pour over it boiling water, let stand fifteen minutes, drain, scald again and let stand thirty minutes. Drain and shake until dry. Make the stuffing as follows: Wash two heaping tablespoonfuls of rice in cold water, then mix it with a half-pound of sausage meat, add a tablespoonful of onion and a tablespoonful of chopped parsley; mix all well together. Open the cabbage carefully to the very centre; put in a half-teaspoonful of the mixture, fold over two or three of the little leaves; now cover these with a layer of the mixture, fold over this the next layer of leaves, and so on until each layer is stuffed. Press all firmly together, tie in a piece of cheese-cloth, put it into a kettle of salted boiling water, and boil two hours. When done, carefully remove the cloth, stand the cabbage in a deep round dish, pour over it Cream Sauce, and serve very hot.

RED CABBAGE à la FLAMANDE

Take off the outer leaves of a hard head of red cabbage and cut it in quarters. Scald, drain, and chop fine. Put it into a stewing-pan with a tablespoonful of butter, one onion, one bay leaf, two cloves, a teaspoonful of salt, and a small piece of Chili pepper. *Simmer* slowly for one hour, stirring occasionally. Take out the bay leaf, add a tablespoonful of fresh butter, and serve.

SAUERKRAUT

Shred the cabbage fine. Line the bottom and sides of a small keg with the green cabbage leaves, put in a layer of

the cabbage about three inches thick, cover with four ounces of salt and pound down well, then another layer of cabbage and salt, and so on until the keg is full. Put a board on top of the cabbage, and on this a heavy weight, and stand in a moderately warm place to ferment. The cabbage sinks when the fermentation begins, and the liquor rises to the surface over the cover. Skim off the scum and stand the keg in a cool, dry cellar, and it is ready to use. Cover it closely each time any is taken out. When you use it, wash it in warm water, and boil it with corned beef or salt pork the same as cabbage.

KOHL-RABI

Kohl-rabi, or kale-turnip, as it is sometimes called, is a cultivated variety of kale or cabbage, distinguished by the swelling of the stem, just above the ground, in a turnip form, to the size of a man's fist; the larger leaf-stalks springing from the swollen part. This swollen part is used for food. It may be served according to any of the recipes given for turnips; or, uncooked in slices—the same as radishes.

STEWED CARROTS

3 good-sized carrots
1 tablespoonful of butter
½ pint of milk
1 teaspoonful of salt
1 tablespoonful of flour
Salt and pepper to taste

Pare and quarter the carrots. Put them in a saucepan and cover them with boiling water; add the salt and let them boil one hour and a half. When done, drain, place them on a hot dish, and stand over boiling water to keep warm. Now put the butter in a frying-pan, let it melt; add the flour, and mix. Do not brown. Now add the milk, salt and pepper. Stir until it boils, and is smooth. Pour over the carrots, and serve.

BOILED CAULIFLOWER

Pick off the outer leaves and cut off the stem close to the bottom of the flowerets. Wash well in cold water, then soak with the top downward in clear, cold water for one hour. Then tie it in a piece of cheese-cloth, to prevent breaking. Stand it in a kettle of boiling water with the stem downward, add a teaspoonful of salt, cover the kettle, and boil twenty or thirty minutes, until the cauliflower is tender. When done, lift it carefully from the water, undo the cloth, and stand the cauliflower in a round, shallow dish, stem downward. Pour over it Cream Sauce, and serve.

STEWED CAULIFLOWER

Choose those that are close and white. Pick off the outer leaves and break apart. Wash, and soak in cold water for a half-hour. Then put in a kettle of boiling water, add a teaspoonful of salt, and boil briskly until the stalks feel tender (about twenty minutes). When done, take up with a skimmer, that you may not break it. Toast squares of bread, butter them while hot, arrange the cauliflower neatly on them, and serve with Allemande sauce.

CAULIFLOWER au GRATIN

Boil the cauliflower as directed in recipe for Boiled Cauliflower. Put one tablespoonful of butter in a frying-pan; when melted, add a tablespoonful of flour; mix until smooth, add a half-pint of milk; stir *continually* until it boils; add a half-teaspoonful of salt and four tablespoonfuls of grated cheese (Parmesan is best), pour this over the cauliflower, and serve.

STEWED CELERY

The green stalks that are not attractive on the table may be used in this way:

Scrape and wash them clean. Cut in pieces one inch long, and soak in cold water for fifteen minutes; then put them into a saucepan of boiling water, add a teaspoonful of salt, and boil thirty minutes, or until tender. When done, drain in a colander and throw into cold water while you make the sauce. Put one tablespoonful of butter in a frying-pan; and, when melted, add one tablespoonful of flour; mix until smooth; add a half-pint of milk, and stir *continually* until it boils; then add three tablespoonfuls of the water in which the celery was boiled, salt, and white pepper to taste. Add the celery to this sauce, stir until thoroughly heated through, and it is ready to serve.

CELERY au JUS

Scrape and wash the celery. Cut it in pieces one inch long; then put in a saucepan, cover with boiling stock, add a teaspoonful of salt, and boil thirty minutes. Put one tablespoonful of butter in a frying-pan and stir until a dark brown; add to it one tablespoonful of flour, mix until smooth. Drain the celery, then add a half-pint of the liquor in which it was boiled to the butter and flour; stir *continually* until it boils, then add salt and pepper to taste. Put the celery in a heated dish, pour over it the sauce, and serve.

CELERY ROOT

Pare one dozen celery roots, throw them in cold water and soak a half-hour. Then put them in a saucepan of boiling water, add a teaspoonful of salt, and boil thirty minutes, or until tender. When done, drain and cut into slices. Cover with Cream Sauce, and serve.

STEWED CHESTNUTS

Remove the shells from one pint of chestnuts, cover with boiling water and let blanch fifteen minutes, then remove the brown skin. Put them in a saucepan, cover with boiling water, boil fifteen minutes; then add a half-teaspoonful of salt and boil ten minutes longer, or until you can pierce them with a fork. When done, drain, turn into a heated dish, pour over them Cream Sauce, and serve.

BOILED CHESTNUTS

Prepare and boil one pint of chestnuts as directed in preceding recipe. When done, drain, mash fine, and press through a colander; add a tablespoonful of butter, salt and pepper to taste. Serve the same as mashed potatoes.

CHESTNUTS WITH BROWN SAUCE

Remove the shells from one pint of chestnuts, cover them with boiling water and blanch fifteen minutes, then peel off the thin, brown skin. Put them into a saucepan, cover with boiling stock, and boil thirty minutes, or until you can pierce them with a fork. When done, drain, and save the stock in which they were boiled. Put one tablespoonful of butter into a frying-pan to brown; when brown, add one tablespoonful of flour, mix until smooth; then add a half-pint of the stock in which the chestnuts were boiled, stir *continually* until it boils, add salt and pepper to taste, pour over the chestnuts, and serve.

PURÉE OF CHESTNUTS

1 quart of chestnuts
1 quart of water or stock
1 tablespoonful of butter
Salt and pepper to taste

Shell the chestnuts, throw them into boiling water until the skins come off easily; then drain and remove the brown skin. Put them in a saucepan with the water or stock, and

boil gently for a half-hour, or until they will mash easily under pressure. Then press them through a colander, return them to the saucepan, add the butter, salt and pepper, stir until it boils, and it is ready to serve.

CORN BOILED ON THE COB

Corn should be cooked as quickly as possible after picking, as it heats, and loses its sweetness. If necessary to keep over night, spread it out singly on the cold cellar floor. When ready to cook, remove the husks and every thread of silk. Put in a kettle of boiling water, and boil rapidly, after it begins to boil, five minutes. When done, take out with a skimmer, heap on a platter, and serve immediately.

TO EAT

Score every row of grains with a sharp knife, spread lightly with butter, dust with salt, and with the teeth press out the centre of the grain leaving the hull on the cob. Thus eaten it will cause no trouble, as the hull is the only indigestible part.

CORN BOILED IN THE HUSKS

Remove the green outside husks, leaving the cob well covered with the inner light husks. Throw into a kettle of boiling water, and boil rapidly, after it begins to boil, ten minutes. When done, take out, drain, pull the silk from the end of the cob, and serve in the husks.

CORN FRITTERS

1 dozen ears of corn	½ pint of milk
2 eggs	1 cup of flour
1 teaspoonful of baking-powder	½ teaspoonful of salt
	2 dashes of black pepper

Score the corn down the centre of each row of grains, then with the back of the knife press out the pulp, leaving the

hull on the cob. Do not grate the corn, as in that way you get the hull. To this pulp add the milk, the yolks of the eggs, salt, pepper and flour; beat well. Beat the whites of the eggs to a stiff froth, and stir them and the baking-powder carefully into the mixture. Put lard or dripping into a frying-pan; when hot, drop the mixture by spoonfuls into the deep fat. When brown on one side, turn and brown the other. Take out with a skimmer (do not pierce them with a fork, as it makes them heavy), drain on brown paper, and serve very hot.

Canned corn may be used, allowing one pint finely chopped.

CORN OYSTERS

Score and press the corn as directed in preceding recipe, and to every pint of pulp allow

2 eggs
2 heaping tablespoonfuls of flour
½ teaspoonful of salt
1 dash of cayenne
1 dash of black pepper

Beat the eggs separately; add first the yolks and then the whites to the corn, mix gently, add the salt, cayenne, pepper, and flour; mix again. Put two tablespoonfuls of lard or butter in a frying-pan; when hot, drop the mixture by spoonfuls into it; when brown on one side, turn and brown the other. Serve very hot.

CORN PUDDING

1 dozen large ears of young corn
4 eggs
1 pint of milk
1 teaspoonful of salt
¼ teaspoonful of black pepper

Score the corn down the centre of each row of grains, then with the back of the knife press out all the pulp, leaving the hull on the cob. Beat the whites and yolks of the eggs separately, add the yolks to the corn, mix thoroughly; then add the salt, pepper and milk, and stir in

carefully the whites of the eggs. Brush a pudding dish lightly with butter, and pour in the mixture. Bake slowly one hour. Serve as an accompaniment to roast beef or lamb.

SUCCOTASH

1 pint of young lima or kidney beans
1 pint of corn pressed from the cob
½ pint of milk or cream
1 tablespoonful of butter
Salt and pepper to taste

Shell the beans, cover them with boiling water, add a teaspoonful of salt, and boil twenty-five minutes; then add an eighth-teaspoonful of baking-soda, boil one minute, and drain. Score the corn and press it from the cob, add it to the beans, then add the milk, butter, salt, and pepper, stir *continually* over the fire for five minutes, and it is ready to serve.

In winter, when the corn and beans are dried, soak both separately over night. In the morning, cover the beans with fresh water and boil gently for two hours. Do not drain the water from the corn, but keep it on the back part of the fire where it will not boil during the two hours the beans are boiling. When the beans are tender, drain them, add them to the corn, which should have just water enough to cover. Cook slowly for twenty minutes, then add the cream, butter, salt, and pepper.

This may also be made from canned corn and beans.

TO COOK CANNED CORN

Open the top of the can with a can-opener, turn out the corn into a saucepan, add to it a quarter-cup of cream, a tablespoonful of butter, and salt and pepper to taste; stir over the fire until very hot, and it is ready to serve.

TO DRY CORN

Remove the husks and silk from the cob, score the corn down the centre of each row of grains, then, with the back of the knife, press out all the pulp, leaving the hull on the cob. Spread this pulp on tin sheets or baking-pans, and dry in a *very moderate oven.* Watch carefully, or the corn will brown; stir three or four times while drying. If the oven is just right it will take about three hours to dry. When dry, put into bags and hang away in a cool, dry place.

TO COOK DRIED CORN

Cover one pint of corn with warm water and stand it on the back part of the fire over night. In the morning, if it has absorbed all the water, add more, and cook slowly two hours, or until you are ready to use; then add salt, pepper, a tablespoonful of butter, and a half-pint of cream.

COLD CORN

Cold corn left from dinner may be cut from the cob, covered with milk, and stewed five minutes. Season with a bit of butter, salt and pepper.

CORN SALAD

Corn salad may be washed, cooked and served the same as spinach.

STEWED CUCUMBERS No. 1

6 cucumbers	1 small onion
1 tablespoonful of butter	1 tablespoonful of flour
½ pint of stock or water	Salt and pepper to taste

Pare the cucumbers, cut them in quarters, remove the seeds. Put the butter into a frying-pan, add to it the onion cut in slices, fry until brown, then add the cucumbers, and fry carefully until a light brown; take them out

with a slice, add the flour to the butter remaining in the pan, mix until smooth; add the stock, stir *continually* until it boils, add the salt and pepper, then the cucumbers, and stew gently for twenty minutes. Serve on squares of toasted bread.

STEWED CUCUMBERS No. 2

6 cucumbers 2 tablespoonfuls of butter
1 tablespoonful of flour ½ pint of boiling water
Salt and pepper to taste

Pare the cucumbers, cut them in quarters, remove the seeds, and soak them in cold water for a half-hour. Then put them in a saucepan, cover with boiling water, add a teaspoonful of salt, and boil until tender (about thirty minutes). When done, drain, turn them carefully into a vegetable dish, pour drawn butter over them, and serve.

FRIED CUCUMBERS

Pare the cucumbers, cut them into slices about one-sixteenth of an inch thick, season them with salt and pepper, dip them first in egg and then in bread crumbs. Put two tablespoonfuls of lard or dripping into a frying-pan; when hot, put in a few slices of the cucumbers; when brown and crisp on one side, turn and brown the other. Take out carefully, drain on brown paper, and serve very hot.

CUCUMBERS FRIED IN BATTER

Pare three cucumbers, cut them in slices about one-sixteenth of an inch thick, dredge them with salt and pepper, and let them lie fifteen minutes. Beat one egg (the white and yolk together) until light; add to it a half-pint of milk, a half-teaspoonful of salt, two dashes of black pepper, and a cup and a half of sifted flour; beat until smooth. Dip the pieces of cucumbers into this batter, and fry in boiling fat

or oil. The fat must be deep enough to float them. When done, take them out with a skimmer (piercing them with a fork will make them fall), drain them on brown paper, and serve very hot.

BOILED DANDELIONS

Use the first shoots of the dandelions. They are not fit for food after they blossom, as they then become bitter and stringy. Cut off the roots, pick them over carefully, and wash well in several waters; then put them in a saucepan, cover with boiling water, add a teaspoonful of salt, and boil one hour. When done, drain and chop fine; then put them in a frying-pan, add a tablespoonful of butter, salt and pepper to taste; stir until thoroughly heated, and serve with Egg Sauce.

WILTED DANDELIONS

Cut the roots from a quarter-peck of dandelions, wash the leaves through several cold waters, drain and shake until dry. Take a handful of the leaves and cut them with a sharp knife into small pieces, and so continue until you have them all cut. Beat one egg until light, add to it a half-cup of cream, and stir over the fire until it thickens; then add a piece of butter the size of a walnut, two tablespoonfuls of vinegar, salt and pepper to taste. Now put the dandelions into this, and stir over the fire until they are all wilted and tender. Serve hot.

SOUR OR NARROW DOCK

This is a common weed in our rich ground and pastures. The leaves are long, narrow, and curly, and may be cooked the same as spinach. It is supposed to possess an alterative property forming an excellent diet in scorbutic cases.

FRIED EGG-PLANT No. 1

Pare the egg-plant, and cut in very thin slices. Sprinkle each slice with salt and pepper, pile them evenly, put a tin plate over them, and on this stand a flat-iron to press out the juice. Let stand one hour. Beat an egg lightly, and add to it a tablespoonful of boiling water, dip each slice first in this and then in bread crumbs. Put three tablespoonfuls of lard or dripping in a frying-pan; when hot, sauté the slices, a few at a time, brown one side, then turn and brown the other. As the fat is consumed, add more, waiting each time for it to heat before putting in the egg-plant. Drain on brown paper, and serve very hot.

Tomato catsup should be served with it.

FRIED EGG-PLANT No. 2

Pare the egg-plant, and cut it in slices about a quarter of an inch thick, sprinkle with salt and pepper, dredge thickly with flour, and sauté as directed in preceding recipe.

BAKED EGG-PLANT

Wash the egg-plant, put it in a kettle, cover with boiling water, and boil until tender (about a half-hour), then take it out carefully, cut it in half, and scoop out the soft portion, leaving the skin unbroken. Mash the egg-plant fine, add to it a large tablespoonful of butter, salt and pepper to taste. Mix well, and put back into the skin. Sprinkle the top lightly with bread crumbs, and put in the oven to brown.

ENDIVE

Endive may be wilted the same as dandelions or lettuce.

BOILED HOMINY

Wash one pint of the large white hominy in cold water, then cover with tepid soft water, and soak over night. In the morning, turn the hominy and the water into a sauce-

pan, and boil slowly for five hours. When done, drain in a colander, turn into a heated vegetable dish, and stir in a large tablespoonful of butter; add salt and pepper to taste.

GRITS OR SMALL HOMINY

Wash a half-pint of grits through several cold waters; then put it in a farina boiler, cover with cold water, and soak over night. In the morning, add a pint of milk, and boil one hour; then add a teaspoonful of salt, mix carefully, and serve for breakfast with sugar and cream.

FRIED GRITS

Wash a half-pint of grits in cold water; then cover with one quart of tepid water, and soak over night. In the morning, turn it into a farina boiler and boil one hour; season with salt and pepper to taste; then pour into a square mould and stand away to cool. When cold, cut in slices, dust each slice with flour, and fry in fresh dripping or lard until a light brown.

HOMINY CROQUETTES

Hominy croquettes may be made precisely the same as Rice Croquettes, using two cups of grits instead of one cup of rice.

KALE

Kale may be cooked and served the same as spinach.

LENTILS

Wash and soak a pint of lentils over night. In the morning, drain and cover with warm soft water, and bring quickly to a boil. Boil gently for one hour, drain, cover again with fresh boiling soft water, and boil gently until tender (about one and one-half hours longer). Take out one or two; if they mash quickly under pressure, they are done. Drain in a colander. Put two tablespoonfuls of

butter in a frying-pan ; when melted, add the lentils, salt and pepper, and stir over the fire for fifteen minutes, and they are ready to serve.

LENTILS AND RICE

Boil the lentils as directed in the preceding recipe. Wash and boil one cup of rice. Put two tablespoonfuls of butter in a frying-pan ; when melted, add one onion cut in slices, then the lentils and rice, and stir over the fire fifteen minutes ; add salt and pepper to taste, and serve.

LENTIL ROLLS

½ cup of lentils
½ cup of rice
½ cup of chopped ham
12 nice vine leaves
½ cup of chopped uncooked veal or chicken
¼ teaspoonful of powdered coriander seed
Salt and cayenne to taste

Boil the lentils as directed in the preceding recipe, then drain, and mix with the rice (well washed), ham, veal, or chicken, coriander seed, salt, and cayenne. Scald the vine leaves, and shake carefully, to dry. Put two tablespoonfuls of the mixture in each leaf, roll loosely, allowing room for the rice to swell, and tie with darning cotton. Lay these rolls in the bottom of a large saucepan, cover with stock ; add one bay leaf, a small onion cut in slices, four cloves, and a blade of mace ; cover the saucepan, and stew slowly for three-quarters of an hour. When done, take out carefully with a slice, remove the strings, and arrange the rolls neatly on a heated dish. Put one tablespoonful of butter in a frying-pan ; when melted, add one tablespoonful of flour ; mix until smooth ; then add a half-pint of the stock in which the rolls were boiled ; stir continually until it boils, add salt and pepper to taste. Take from the fire, add the well-beaten yolk of one egg and a tablespoonful of tarragon vinegar. Pour it over the rolls, and serve.

DUTCHED LETTUCE

Wash carefully two heads of lettuce, separate the leaves, and tear each leaf in two or three pieces. Cut a quarter-pound of ham or bacon into dice, and fry until brown; while hot, add two tablespoonfuls of vinegar. Beat one egg until light, add to it two tablespoonfuls of sour cream, then add it to the ham, stir over the fire one minute until it thickens, and pour, boiling hot, over the lettuce; mix carefully with a fork, and serve immediately.

MUSHROOMS

It is highly important for those who employ mushrooms as food, to be able to distinguish those which are edible from the poisonous ones. The edible appear in old sod, in a clear, open, sunny field. They are at first very small on a short foot stalk, and are then known as button mushrooms. Their growth is rapid; in an hour the under skin cracks and the mushroom then opens, spreading like an umbrella, and shows the gills underneath, which should be a pale salmon color. In an hour or so it changes to a dark brown, and is then called "old." According to M. Richard, even mushrooms which are usually edible may prove poisonous, if collected too late, or in places which are too moist.

The skin of the good mushrooms peels off easily. Those with yellow or white gills, and those which grow in low, damp, shady places, or around decayed stumps of old trees, or any other decayed matter, are to be avoided.

The good mushrooms have invariably an agreeable smell, while the poisonous have a rank putrid smell. It is always safe to use the canned mushrooms, which are convenient and cheap, but tough and indigestible, and we caution those who eat them to masticate diligently.

It is said that one poisonous mushroom among a pint of good ones, will turn a *silver* spoon black, if stirred with it while they are stewing

DRIED MUSHROOMS

Wipe the mushrooms clean, and peel off the skin. Cover the bottoms of shallow baking-pans with white paper, put the mushrooms in a single layer on this, and stand in a cool oven to dry. When dry and shriveled, take them out, put in paper bags, and hang in a cool, dry place.

When wanted for use, put them in cold water or milk, and bring slowly to a *simmer*. In this way they will regain nearly their natural size and flavor.

STEWED MUSHROOMS No. 1

Peel the mushrooms, wash them in cold water and cut off the bottom of the stalks. Then put them in a porcelain saucepan; to every pint of mushrooms, add one tablespoonful of butter rolled in flour. Let the mushrooms cook in their own liquor and the butter for fifteen minutes, then add salt and pepper, and serve immediately.

STEWED MUSHROOMS No. 2

Peel the mushrooms, wash them in cold water and cut off the bottom of the stalks. Then put them into a porcelain-lined kettle; to every pint of mushrooms add a tablespoonful of butter divided into four bits and rolled in flour. Let the mushrooms cook in their own liquor with the butter and flour for fifteen minutes, then add two tablespoonfuls of thick cream, salt and pepper to taste. Take from the fire, add the well-beaten yolk of one egg, and, if you use it, one tablespoonful of sherry. Serve immediately.

TO STEW CANNED MUSHROOMS

1 can of mushrooms
Yolk of one egg
1 tablespoonful of sherry, if you use it
1 tablespoonful of butter
½ pint of milk
Salt and pepper to taste (white is the best)
1 tablespoonful of flour

Drain the mushrooms. Put the butter in a porcelain or granite saucepan, add to it the flour, mix until smooth; add the milk, and stir continually until it boils; then add the mushrooms, salt and pepper, stir until thoroughly heated. Take from the fire, add the well-beaten yolk of the egg, and the wine, then serve.

In cooking canned mushrooms, do not boil, as they are already cooked, and the second boiling toughens them.

BAKED MUSHROOMS

For this, choose the larger mushrooms. Peel, cut off the stalks close to the top, place them upside down in a pie dish, sprinkle with salt and pepper, and put a tiny piece of butter in each mushroom. Bake in a quick oven twenty minutes, basting two or three times with a little melted butter. Serve hot on the dish in which they were baked.

BROILED MUSHROOMS

For this, choose the largest mushrooms you can get. Peel, cut off the stalks close to the top, baste them well with melted butter, dust lightly with salt and pepper, and let them stand a half-hour. Then place them in a wire broiler, close the broiler very carefully so as not to break them, broil them over a clear fire, first on one side and then on the other. Open the broiler, remove them carefully with a spoon, place them on small squares of buttered toast, pour on a little melted butter, and serve.

BOILED OKRA

1 quart of young white okra
1 tablespoonful of butter
1 tablespoonful of vinegar
Salt and pepper to taste

Wash the okra well in cold water, put into a porcelain-lined or granite kettle (an iron kettle discolors the okra) with a half-pint of water and a teaspoonful of salt. Cover the kettle and *simmer* gently thirty minutes; then add the butter, vinegar, and pepper, and more salt if necessary, boil up once and serve.

OKRA STEWED WITH TOMATOES

1 quart of okra
1 tablespoonful of butter
1 pint of tomatoes
Salt and pepper to taste

Wash the okra, and cut in thin slices. Peel the tomatoes, and cut in slices. Put both in a porcelain-lined or granite kettle, add one teaspoonful of salt, cover the kettle, and *simmer* gently for a half-hour; then add the butter and pepper, and more salt if necessary.

STEWED OKRA WITH RICE

1 quart of okra
½ pound of ham
1 red pepper
1 pint of white stock
1 cup of rice
1 onion
1 tablespoonful of powdered dry sassafras leaves
1 pint of tomatoes

Wash the okra, and cut in thin slices. Cut the ham into dice and fry it until brown. Peel and cut the tomatoes, put them into a porcelain-lined or granite kettle with the okra, ham, stock, the pepper cut in small pieces, and onion cut in slices; cover the kettle, and *simmer* gently for a half-hour. While this cooks, wash and boil the rice. When the okra is done, add the salt, pepper and sassafras leaves (called filée), let it boil up once, and serve with the rice around the dish.

BOILED ONIONS

1 dozen onions
1 tablespoonful of flour
1 tablespoonful of butter
½ pint of milk
Salt and pepper to taste

Put the onions into cold water and remove the skins. Put them into a saucepan of boiling water, add a teaspoonful of salt, and boil until you can pierce them easily with a fork (about forty minutes); then drain, and turn carefully into a heated vegetable dish. Put the butter into a frying-pan; when melted, add the flour, mix until smooth; then add the milk, and stir *continually* until it boils; add salt and pepper, and pour over the onions.

FRIED ONIONS

Cover the onions with cold water and remove the skins. Cut them in slices, cover with boiling water, add a teaspoonful of salt, and boil twenty minutes; drain, add a large tablespoonful of butter to the onions and fry for a half-hour, stirring frequently; add salt and pepper, and serve.

BAKED ONIONS

Choose large, perfect onions for this purpose. Trim the bottoms, but do not peel them. Throw them into a kettle of boiling water, add a teaspoonful of salt, and boil rapidly one hour; then drain in a colander. Take each one out separately, wipe it dry, roll in a square of tissue paper, and twist at the top to keep it closed. Now place them in a baking-pan, and bake in a slow oven one hour. When done, take off the papers, peel the onions, put them into a vegetable dish, and pour melted butter over them. Dust with salt and pepper, and serve.

Spanish onions are particularly nice served in this way.

STEWED ONIONS

Cover the onions with cold water and remove the skins. Put them into a saucepan, cover with stock, and stew slowly, one hour if young and two if old, or until they are very tender. When done, drain, and turn carefully into a vegetable dish. Put one tablespoonful of butter in a frying-pan, and stir until brown; then add one tablespoonful of flour, mix well, and add a half-pint of the stock in which the onions were boiled; stir *continually* until it boils, add salt and pepper to taste, pour over the onions, and serve.

BOILED PARSNIPS WITH CREAM SAUCE

If the parsnips are young, scrape and throw into cold water; if old, pare and cut in quarters. Put them into a saucepan of boiling water and boil until tender (if young, three-quarters of an hour; if old, one and a quarter hours). When done, drain them, lay them on a heated dish, heads all one way, cover with Cream Sauce or Drawn Butter, and serve with corned beef or boiled salt fish.

FRIED PARSNIPS

Boil the parsnips as directed in the preceding recipe. When done, drain, season with salt and pepper, dip first in melted butter and then in flour. Put two tablespoonfuls of dripping in a frying-pan; and, when hot, put in enough parsnips to cover the bottom of the pan. Fry brown on all sides.

PARSNIP FRITTERS

4 good-sized parsnips 1 tablespoonful of flour
1 egg

Boil the parsnips as directed in preceding recipe. When done, drain, and mash fine; add to them a half-teaspoonful of salt, the flour, the egg well beaten, and a dash of black pepper; mix well and form in small cakes. Put two large

tablespoonfuls of dripping in a frying-pan; and, when hot, fry the cakes, brown on one side, then turn and brown the other. Drain on brown paper, and serve.

STEWED PARSNIPS

6 good-sized parsnips 1 teaspoonful of salt

Wash and scrape the parsnips, cut them in halves and throw them in cold water for a half-hour. Then put them in a saucepan, cover with boiling water, add the salt, and boil for one hour. Take them up on a hot dish and pour over them the following sauce: Put one tablespoonful of butter in a frying-pan with one tablespoonful of flour, and mix until smooth; then add a half-pint of the water in which the parsnips were boiled. Stir and boil for five minutes, add salt and pepper, and serve.

GREEN PEAS

Peas, like corn, lose their sweetness almost as soon as they are picked. If you should be so unfortunate as to get stale or wilted peas, shell and throw them into cold water one hour before cooking, and add a teaspoonful of sugar to the water in which they are boiled.

Fresh peas should not be shelled until just before the the time of cooking; then wash them quickly in cold water, drain, throw into a kettle of boiling water, add a teaspoonful of salt to harden the water. This will prevent the skins from cracking. Boil rapidly from ten to twenty minutes. After they have been boiling ten minutes, take out one or two and press with a fork; if they mash easily they are done. Drain, turn into a hot dish, add a lump of butter the size of a walnut, and serve.

The great point in cooking peas is to have plenty of water, boil rapidly and drain as *soon* as they are done. Peas cooked in this way will retain their color and sweetness.

TO COOK CANNED PEAS

After opening the can, drain the peas free from all liquor. Turn them into a saucepan, and to every pint-can add a piece of butter the size of a walnut; salt and pepper to taste; stir gently until thoroughly heated, and serve at once.

PURÉE OF PEAS

1 quart of green peas or two pint cans	1 pint of milk
	1 pint of water
1 tablespoonful of butter	1 tablespoonful of flour
1 bay leaf	1 onion
2 cloves	1 sprig of parsley

Salt and pepper to taste

Wash the peas in cold water; then put them in a saucepan with the water and boil twenty minutes. When done they should be almost dry. Press through a colander. Put the milk on to boil in a farina boiler. Add the bay leaf, onion, cloves and parsley. Rub the butter and flour together until smooth. Strain the milk into the peas, then return to the farina boiler, stir in the butter and flour, and stir *continually* until it boils and thickens; then add the salt and pepper, and serve.

Purée of lima, or any other green beans, may be made according to this recipe.

POKE STALKS

In the spring the young shoots are much used as food. They should not be over four inches long, and should show only a tuft of leaves at the top. Older than this they are poisonous.

Wash and lay in cold water for one hour; then tie in bundles, as you do asparagus. Put it into a kettle of boiling water and boil three-quarters of an hour; drain, lay on buttered toast, dust with salt and pepper, cover with Drawn Butter, and serve.

STEAMED POTATOES

Wash and scrub the potatoes well, place them in a steamer or colander over a kettle of boiling water; cover and steam until you can pierce with a fork; it takes a little longer to steam than boil, but the potato, being naturally watery, should never be cooked by boiling if you have the conveniences for steaming. When done, remove the skins quickly, and serve in an uncovered dish.

BOILED POTATOES

Pare six good-sized potatoes, and let them lie in cold water one hour. Then put them in a kettle of boiling water, and boil slowly until they are soft enough to admit a fork. Then pour off the water. (If you allow them to remain in the water one second after they are done, they will become waxy and watery.) Uncover the kettle, dredge with salt, and shake them so that all sides may be exposed to the cold air. Cover the boiler with a napkin, and let stand on one side of the fire for five minutes, and they are ready to serve.

Old potatoes that have sprouted and are shriveled, are better covered with cold water instead of boiling water.

POTATOES BOILED IN THEIR SKINS

Select potatoes of uniform size, wash and scrub them well; let them stand in cold water for a half-hour, then put them into a kettle of boiling water, and boil slowly until you can pierce easily with a fork; then drain very dry,

dredge with salt, and stand on the back of the fire with the lid of the kettle off, for five minutes. Peel quickly, and serve in an uncovered vegetable dish.

MASHED POTATOES

Boil as directed in recipe for Boiled Potatoes. When done and dry, mash quickly with a wire masher until light and free from all lumps; add a piece of butter the size of a walnut, a quarter-cup of boiling cream, a teaspoonful of salt, and a dash of pepper. Beat with a fork until very light. Serve in a heated, uncovered dish. The potatoes may also be pressed through a "Henis Vegetable Press," which removes the smallest lumps and makes them very light.

STEWED POTATOES

Pare six potatoes, cut them into dice; throw them into cold water for fifteen minutes, drain, and cover with boiling water and boil until tender; then drain off every drop of water; dredge them with a tablespoonful of flour, add a piece of butter the size of a walnut, a half-pint of milk, a half-teaspoonful of salt, and a little black pepper; stir carefully until they boil, and serve in a heated dish.

POTATO PUFF

2 cups of hot or cold mashed potatoes
3 tablespoonfuls of cream
2 eggs
1 tablespoonful of butter
Salt and pepper to taste

Put the potatoes in a frying-pan, add the yolks of the eggs, cream, and seasoning, stir over the fire until well mixed. If the potatoes are cold, stir until they are hot. Take from the fire, and add carefully the well-beaten whites of the eggs. Heap on a greased baking-dish or in gem pans. Bake in a quick oven until a nice brown.

POTATO CROQUETTES

2 cups of mashed potatoes
2 tablespoonfuls of cream
1 teaspoonful of onion juice
1 teaspoonful of salt
A grating of nutmeg
Yolks of two eggs
1 tablespoonful of chopped parsley
A piece of butter the size of a walnut
A dash of cayenne

Beat the yolks until light, add them to the potatoes, and then add all the other ingredients; mix, and turn into a small saucepan; stir over the fire until the mixture leaves the sides of the pan, take from the fire, and, when cool, form into cylinders. Roll first in egg and then in bread crumbs, and fry in *boiling* fat.

This will make twelve croquettes.

BOULETTES

2 cups of mashed potatoes
1 tablespoonful of chopped parsley
1 teaspoonful of onion juice
1 teaspoonful of salt
A dash of cayenne
Yolks of two eggs
2 tablespoonfuls of cream
1 teaspoonful of powdered sweet marjoram
A piece of butter the size of a walnut

Beat the yolks lightly and add them to the potatoes, then add all the other ingredients; mix well, put into a saucepan and stir over the fire until the mixture leaves the sides of the pan. Take from the fire; when cool, form into bullets, dip first in egg and then in bread crumbs, and fry in boiling fat.

Serve as a garnish to boiled fish or baked meats.

POTATOES au GRATIN

6 cold boiled potatoes
½ pint of cream
1 tablespoonful of flour
Yolks of four eggs
½ pint of stock
2 tablespoonfuls of butter
4 heaping tablespoonfuls of grated cheese
Salt and cayenne to taste

Put the butter in a frying-pan to melt; when melted, add

the flour, mix until smooth; then add the stock and cream, and stir *continually* until it boils. Take from the fire, add the cheese, the yolks well beaten, salt, and cayenne. Put a layer of this sauce in the bottom of a baking-dish, then a layer of the cold potatoes, sliced, and so on, having the last layer sauce; sprinkle bread crumbs over the top, and put it in a quick oven ten minutes, to brown. Serve in the dish in which it was baked.

POTATOES à la BÉCHAMEL

Steam the potatoes, and when done, cut them in slices and place on a heated dish. Have a Béchamel Sauce ready, pour it over the potatoes, and serve very hot.

SCALLOPED POTATOES

Cut four good-sized boiled or steamed potatoes into dice. Put two tablespoonfuls of butter in a frying-pan; and, when melted, add two tablespoonfuls of flour, mix until smooth; then add one pint of milk, and stir *continually* until it boils; add a teaspoonful of salt, and three dashes of black pepper; take from the fire. Put a layer of this sauce in the bottom of a baking-dish, then a layer of potatoes, then another layer of sauce, and so on until all is used, having the last layer sauce; sprinkle the top lightly with bread crumbs, and put in the oven for fifteen minutes, to brown. Serve in the dish in which it was baked.

HASHED POTATOES BROWNED IN THE OVEN

Pare two good-sized potatoes, and cut into dice. Put a tablespoonful of butter in a frying-pan; and, when melted, add one tablespoonful of flour, mix until smooth; then add a half-pint of milk, stir *continually* until it boils, add a half-teaspoonful of salt, and two dashes of black pepper. Put a layer of this sauce in the bottom of a baking-dish,

then a layer of the uncooked chopped potatoes, then a sprinkling of salt, pepper, parsley, and a few drops of onion juice, then another layer of sauce, and so on until all is used, having the last layer sauce; sprinkle the top over lightly with bread crumbs, and put in a moderate oven to bake, for a half-hour. Serve in the dish in which it was baked.

FRIED POTATOES (FRENCH)

Pare the potatoes and throw them into cold water for one hour. Then cut them, either with a vegetable spoon, or in slices or blocks. Have ready a pan of *very hot* lard; dry the potatoes on a towel. This must be done quickly, so as not to allow the potato to discolor. Now drop them quickly into the hot lard. When done, take them out with a skimmer, and put in a colander. Stand the colander on a tin plate, and then in the oven, with the door open, to keep warm while you fry the remainder. When all are done, sprinkle with salt, and serve hot.

When cut with a vegetable spoon, they are used to garnish boiled or baked fish.

FRIED POTATOES

Cut cold boiled potatoes in slices. Put two tablespoonfuls of lard or dripping into a frying-pan; when hot, put in just enough potatoes to cover the bottom of the pan. When brown on one side, turn and brown the other; then dish and keep warm while you fry another panful, and in this way fry the desired quantity, adding more lard or dripping as you consume it.

LYONNAISE POTATOES

Cut cold boiled or steamed potatoes into dice, and to every pint of these dice allow one good-sized onion, one tablespoonful of chopped parsley, a dash of black pepper, a

sprinkling of salt, and one tablespoonful of butter. Put the butter into a frying-pan; when hot, add the onion cut in thin slices; fry and stir until half done, then add the potatoes; fry and stir gently until the potatoes are all a nice light brown. It may require a little more butter, as no vegetable absorbs so much butter as the potato. When done, turn into a hot dish, sprinkle with the salt, pepper, and parsley, and serve very hot.

SARATOGA CHIPS

Pare one large potato, and cut in *very thin* slices, on a vegetable cutter, over a bowl of *cold* water, so that each slice will fall into the water (this makes them light and dry after being fried); soak ten minutes, then take out a few pieces at a time, and dry them on a soft towel. Have ready a kettle of *boiling* lard. Throw in the slices, a few at a time, stir them with a skimmer; when a light brown, take them out, and place on a piece of soft brown paper in a colander, dredge with salt, and stand in the open oven to keep warm while you fry the remainder. Turn the first from the colander into a hot dish, and skim out the second frying on the paper, and so continue until you have finished.

SWELLED POTATOES

Pare the potatoes, and cut in slices about the sixteenth of an inch in thickness; then dry them on a towel. Do not soak in cold water. Have ready two pans of *hot* lard, one a little hotter than the other; turn the potatoes, a few at a time, into the coolest lard. When fried, take them out, drain a half-minute in the colander, then throw them into the *very* hot lard, for an instant, to swell or puff. If the second lard is quite hot, and the potatoes are good, they will certainly swell. When done, dust them with salt, and serve very hot.

BAKED POTATOES WITH MEAT

Wash and pare potatoes of uniform size, and one hour before the meat is done, put them in the baking-pan around the meat, and baste with the dripping every time you baste the meat.

BAKED POTATOES

As potatoes contain potash, an important constituent of the blood, which is freely soluble in water, they are much more wholesome baked than boiled.

Wash and scrub the potatoes, place them in a baking-pan, then in a quick oven, to bake for thirty minutes, or until you can mash them between the hands. Do not try them with a fork, as that allows the steam to escape, and consequently the potato is heavy. Use as soon as done, or they will become watery.

STUFFED POTATOES

Bake six good-sized potatoes. When done, cut the tops off, and with a spoon scoop out the potato into a hot bowl. Mash fine, and add one tablespoonful of butter, a quarter-cup of hot milk, a teaspoonful of salt, and pepper to taste. Beat until very light, then add the well-beaten whites of two eggs; stir gently. Fill the skins with this mixture, heaping it on the top; brush over with the yolk of the eggs, put in the oven to brown.

They may also be cut into halves and stuffed.

POTATO SOUFFLÉ

Steam six good-sized potatoes in their jackets. When done, peel and mash them; then add one tablespoonful of butter (one ounce), a half-pint of hot cream, one teaspoonful of salt, and black pepper to taste. Now beat until smooth and light. Beat the whites of two eggs to a stiff froth, stir them

gently into the potatoes, heap on a baking-dish, and put in a quick oven to brown. Serve in the dish in which they were baked.

Two heaping tablespoonfuls of grated cheese added with the cream is an improvement.

PURÉE OF POTATOES

4 medium-sized potatoes
1 teaspoonful of onion juice
1 tablespoonful of flour
1 pint of milk
1 tablespoonful of butter
Salt and pepper to taste

Pare the potatoes, and soak in cold water for a half-hour, then put them in boiling water and boil slowly until you can pierce them with a fork. Put the milk on to boil in a farina boiler. Rub the butter and flour together until smooth, then stir into the boiling milk; stir until it thickens, then add the onion juice, salt, and pepper. Drain the potatoes and mash them through a colander; add to them the milk, stir, and press through a sieve. Then return to the farina boiler; boil five minutes, and serve.

ROAST SWEET POTATOES

Wash and scrub potatoes of uniform size; do not cut or scratch them. Put them in a baking-pan, place in a hot oven, and bake until, when pressed between the hands, they seem mellow in the centre. Serve in their jackets immediately.

BOILED SWEET POTATOES

Wash and scrub potatoes of uniform size; do not cut or break the skin. Put them in a kettle of boiling water, and boil until, when you pierce with a fork, they are just a little hard in the centre. Now drain by raising the cover just enough to admit the draining off the water when you tilt the kettle. This is much better than draining in a colander. Stand the kettle on the back part of the fire, cover

with a napkin, and let steam ten minutes. In this way the potatoes will be mealy and dry.

FRIED SWEET POTATOES

Skin and cut lengthwise boiled sweet potatoes. Put three tablespoonfuls of dripping in a large frying-pan, dust the potatoes with salt and pepper, throw them into the hot fat, brown first on one side, then turn and brown the other. Serve very hot.

SWEET POTATOES ROASTED UNDER THE MEAT

Wash and pare potatoes of uniform size. One hour before the meat is done put them in the baking-pan with the meat, and baste every ten minntes with the dripping.

TO WARM OVER SWEET POTATOES

Cut cold boiled or baked sweet potatoes in thin slices. To every pint of these slices allow two tablespoonfuls of butter, a teaspoonful of chopped onion, a half-pint of stock, salt and pepper to taste. Put the butter in a frying-pan; when hot, throw in the potatoes and onion, fry and stir gently until a nice brown; then take them out with a skimmer and keep warm while you make the sauce. Add the flour to the butter remaining in the pan, mix until smooth, then add the stock, stir continually until it boils; add the salt and pepper; take from the fire, and add the yolk of one egg; pour over the potatoes, and serve.

BAKED PUMPKIN

Cut the pumpkin first in halves, then in quarters; remove the seeds, but not the rind. Place in a baking-pan with the rind downwards, and bake in a slow oven until tender when you pierce with a fork. When done, serve in the rind; help it out by spoonfuls as you would mashed potatoes.

RADISHES (Blot)

Cut off the roots close to the radish. Cut off the tops about an inch from the radish. Wash clean in cold water. Take the radish with the left hand, holding it by the top; cut the skin from the top downwards, in several parts, like you cut an orange to remove the skin, without detaching it. Do the same carefully with the body of the radish, and it will look more like a rose than a radish. After having prepared two or three it will be comparatively easy. The centre leaves must be eaten as well as the body of the radish; they contain a substance that helps the digestion of the radish itself.

BOILED SALSIFY OR OYSTER PLANT

Wash and scrape one dozen roots of salsify. Throw each one into cold water as soon as you have scraped it, or it will turn black. Then put them into a kettle of boiling water, and boil until tender (about one hour); drain, cover with Cream Sauce, and serve.

SALSIFY CAKES OR FRITTERS

These are made precisely the same as Parsnip Fritters.

SPINACH

Wash a half-peck of spinach through several waters to free it from grit. Pick it over very carefully and cut off the roots. Wash again, drain, and take up by handfuls, shake and press out all the remaining water. Put it in a kettle, and add one cup of water; cover the kettle, place over a moderate fire, and allow the spinach to thus steam for twenty minutes. Then drain in a colander; turn into a chopping-tray and chop very fine; *it cannot be too fine;* put into a saucepan with a tablespoonful of butter, salt and pepper to taste, stir until very hot. Have a heated dish at hand, and arrange on it small squares of buttered toast.

Mould the spinach by packing it tightly in a cup, and turn each cupful out on a slice of toast. Place half of a hard-boiled egg on the top of each mould. Pour Drawn Butter around the toast, and serve.

Or, when done, drain, chop fine, serve in a heated vegetable dish. Cut hard-boiled eggs in slices and lay on top.

A half-peck of spinach will serve five people.

SUMMER SQUASH (BOILED)

Pare and cut in slices three summer squashes, remove the seeds and cut the slices in squares. Put them into a saucepan, cover with boiling water, add a teaspoonful of salt and boil twenty minutes. When done, drain in a colander and press gently; then mash fine, turn into a strainer cloth, and squeeze until the squash is dry. Now put into a small saucepan a tablespoonful of butter and the squash, add salt and pepper to taste, stir until thoroughly heated, and serve.

Or, cut into slices, dust with salt and pepper, dip first in egg and then in bread crumbs, and fry, and serve the same as egg plants.

WINTER SQUASH

The small Hubbard squash is best for baking. Saw the squash in halves; scrape out the soft part and the seeds. Put the halves in the oven, and bake about three-quarters of an hour, or until tender. Serve in the shell. Help out by spoonfuls.

PURÉE OF SORREL

½ peck of sorrel
1 tablespoonful of butter
½ cup of veal stock
Salt and pepper to taste

Wash the sorrel through several cold waters, cut off the stems—the leaves only are good. Put a cup of cold water and a teaspoonful of salt in a saucepan, and throw in the

sorrel at the first boil. Cover the saucepan and boil for twenty minutes. When done, drain, and chop *very* fine, then press through a colander; return it to the saucepan, add the butter, stock, salt and pepper, let it boil up once, and it is ready to serve.

STEWED TOMATOES

Pour boiling water over them, with a sharp knife remove the skins and the hard stem ends, and cut them in small pieces. Stew in a porcelain-lined or granite saucepan for a half-hour, then add to every quart of tomatoes a tablespoonful of butter, a teaspoonful of sugar, salt and pepper to taste. Stew fifteen or twenty minutes longer, or until they are of the desired thickness.

Some prefer the tomatoes stewed only thirty minutes and thickened with bread crumbs.

A slice of onion may be added to the tomatoes when first put on to cook, and to me is a great improvement, filling the same place that the sprig of mint does in peas or beans.

BAKED TOMATOES

Choose six large, smooth tomatoes. Cut a slice off the stem ends, and with your finger carefully scoop out the seeds. Mix together a half-cup of finely-chopped, cold, boiled ham, twelve chopped mushrooms, two heaping tablespoonfuls of stale bread crumbs, a tablespoonful of chopped parsley, a half-teaspoonful of salt, a dash of cayenne, and a tablespoonful of melted butter. Fill the tomatoes with this mixture, heaping it in the centre; sprinkle over the tops with bread crumbs; place the tomatoes in a granite baking-pan, baste with melted butter, and bake in a hot oven thirty minutes. When done, take them up carefully with a cake-turner, and serve.

TOMATO FARCI

Put a layer of tomatoes in the bottom of a baking-dish, then a layer of bread crumbs, then a sprinkling of salt and pepper, then another layer of tomatoes, and so continue until the dish is full, having the last layer crumbs. Put a few bits of butter over the top and bake in a quick oven twenty minutes. Serve in the dish in which it was baked.

STUFFED TOMATOES

Choose large, smooth tomatoes. Cut a slice off the stem ends, and with your finger carefully scoop out the seeds. Put one cup of stale bread crumbs into a bowl, add to them a teaspoonful of chopped onion, a half-teaspoonful of salt, a dash of cayenne, and moisten with a tablespoonful of melted butter. Fill the tomatoes with this stuffing, heaping it in the centre. Place the tomatoes in a granite baking-pan, and bake in a quick oven thirty minutes. When done, take them up carefully with a cake-turner, place on a heated dish, and serve.

This stuffing will fill six tomatoes.

FRIED TOMATOES No. 1

Wash and cut into halves six nice, smooth tomatoes. Place in a granite baking-pan with the skin side down. Cut a quarter-pound of butter in small pieces and place over the tomatoes, dust with salt and pepper, and stand over a moderate fire to fry slowly. When the tomatoes are tender, take them up carefully with a cake-turner and slide them on a heated dish. Draw the baking-pan over a quick fire, stir until the butter is a nice brown; then add two tablespoonfuls of flour; mix until smooth, add a pint of milk or cream, stir *continually* until it boils, season with salt and pepper to taste, pour over the tomatoes, and serve.

FRIED TOMATOES No. 2

Cut smooth, solid tomatoes into slices about an eighth of an inch in thickness, dry each slice carefully with a soft towel, then dust with salt and pepper. Beat an egg in a saucer until light, add to it a tablespoonful of boiling water. Dip each slice first in this and then in bread crumbs. Put two or three tablespoonfuls of lard or dripping in a frying-pan; when very hot, cover the bottom of the pan with the slices of tomatoes; fry brown on one side, then turn and brown the other. Take them up carefully with a cake-turner, place on a heated dish, and keep warm while you fry the remainder.

BROILED TOMATOES

Choose large, firm tomatoes, cut them in halves, but do not peel them. Then place them in a broiler, dust with salt and pepper, and broil over a clear but moderate fire, skin side down, until tender (about twenty minutes). When done, lift them carefully to a heated plate, pour melted butter over them, and serve.

CURRIED TOMATOES

1 quart of stewed tomatoes or one quart can
1 cup of rice
1 teaspoonful of curry powder
Salt to taste

Wash the rice through several cold waters. Add the curry powder and salt to the tomatoes; mix well. Put a layer of the tomatoes in the bottom of a baking-dish, then a layer of the uncooked rice, then a layer of tomatoes, and so on until all is used, having the last layer tomatoes; sprinkle the top over with bread crumbs, place a few bits of butter here and there over the crumbs, and bake in a moderate oven for a half-hour. Serve in the dish in which it was baked.

BOILED TURNIPS

Wash and pare the turnips, cut them into slices crosswise; put them into a saucepan, cover with boiling water, and boil until tender (about thirty minutes). When done, drain in a colander, pressing lightly to squeeze out all the water; then mash fine, add butter, salt and pepper to taste, and serve.

Or, mix with an equal quantity of hot mashed potatoes.

TURNIPS WITH CREAM SAUCE

Pare six small turnips and cut them into dice; put into a saucepan, cover with boiling water, and boil for thirty minutes. When the turnips are nearly done, make a cream sauce, and stand over the tea kettle to keep warm. Drain the turnips in a colander, turn them carefully into a vegetable dish, pour the cream sauce over them, and serve.

BROWNED TURNIPS

Pare the turnips, cut in slices crosswise, and boil as directed in preceding recipe. Drain in a colander. Put two tablespoonfuls of butter in a frying-pan; when hot, add the turnips and one tablespoonful of granulated sugar; stir and turn carefully until the slices are nicely browned; dust with salt and pepper, and serve.

These are a nice accompaniment to roast ducks.

RUTA-BAGA

Ruta-bagas are much more solid than the common white turnips, and may be cooked and served according to the recipes given for turnips.

BOILED TURNIP TOPS OR SPROUTS

Wash a quarter-peck of turnip tops in cold water; put them into a kettle, cover with boiling water, and boil twenty minutes; add a tablespoonful of salt when they are half done. Drain in a colander. Serve in a vegetable dish, garnished with slices of hard-boiled eggs.

BREAD

Bread heads the list of foods for man.

It is said that a slave of an archon at Athens first made leaven bread by accident. He forgot some of his dough, and, some days after, came upon it and found it sour. His first thoughts were to throw it away; but, his master coming out, he mixed it quickly with some fresh dough he was working. Of course the bread this produced was delicious.

Bread is mostly made from wheat, as that grain contains more gluten in the proper proportion to make a light and spongy bread, which will allow the juices of the stomach to have access to every part, and digestion in all parts is commenced immediately.

Please note under the head of cereals the chemical composition of wheat, and you will see at once that our fine white bread contains little but starch. We cannot say that such bread is the "staff of life," but the brown (not bran), whole wheat bread constitutes, in itself, a complete life-sustainer; consequently, bread-making is the most important of the cookery of grain food.

The grinding is the first process of this cookery, and is performed in several ways, each one claiming superiority. One is by grinding the grain between two horizontal stones, the upper revolving and grinding the grain against the lower

one, which is stationary. In this way the bran or outer husk is simply separated from the grain; the gluten is divided minutely, while the starch or white part of the grain is finely powdered. It is then sifted through bolting-cloth, and makes our fine white flour, coarse wheat meal, and bran. The flour containing little or no bran is most easily digested. Another method is the Minnesota or "patent process." In this way the grain is crushed (not ground) by passing through corrugated rollers, and then sifted through bolting-cloths. Still another is the new patent or Haxall process. By this method the flour is granulated, and contains much more gluten than either of the others; consequently, one-eighth less may be used in all recipes for bread, biscuit, or cakes.

The fancy names given to flour amount to very little, as the same flour is sold by several dealers under their own and different brands.

Good flour adheres to the hand, and, when pressed tightly, remains in shape, and shows the imprint of the lines of the skin on the hand. It has a yellowish-white tinge, and, when made into a paste with water, and well worked, is tough and elastic. Select it carefully, and use one kind for all purposes—cakes, pastry, and bread. It is a mistaken idea that the flour which makes good bread will not make good pastry. After selecting the flour, the next important thing is to have good, strong, sweet yeast. Potato yeast is the best, as the potato starch is particularly adapted to the yeast fermentation. The compressed cakes, however, are very good and convenient, one cake being equal to one cup of good yeast. Yeast is a plant, and a very delicate one, that does not flourish under extreme heat or cold; therefore, you must be very choice in the selection of the place where the bread shall stand to ferment. If chilled, it is spoiled; if scalded, it is killed, and nothing can restore

it. An even temperature, from 68° to 72°, is best. In warm weather, take the liquid cool; in winter blood-warm.

As dough contains both sugar and gluten, when moistened and subjected to a temperature of 106° to 108° for six hours, it is capable of fermentation; then, by adding more moisture and flour, and fermenting again, then baking, you have salt-rising, or milk-emptyings bread, a sweet, fine, and delicious bread.

There are various ways of making bread—with milk, water, potatoes, etc.; but the two points, sweetness and lightness, remain always the chief consideration. If milk is used, it should be scalded and cooled; this prevents its souring. Next comes the mixing or sponging of the bread; that is, surrounding each grain of flour with a film of water, to combine and hydrate the starch, to dissolve the sugar and albumen, and to moisten the gluten, which causes them to adhere and form a dough. This is not, then, a mere mixture, but an actual chemical combination; but, as we cannot use water enough to alone effect this, it must be supplemented by kneading, and here comes our most important point. So far, this has been best accomplished by the hands; all machines made for the purpose, that have come under my observation, have been failures. As the eye cannot penetrate into the centre of the dough to discover the lumps, etc., we have no guide except the sense of touch. The excellency of bread depends much upon the thoroughness of its kneading. First work the dough in the pan until it loses part of its stickiness; then thickly flour the board, flour the hands, take out the dough, and knead rapidly and continuously by drawing the dough farthest from you over to the centre, and pressing it down with the ball of the hand. Repeat this several times, then turn the dough around and knead the other side, and so on, until every part is thoroughly and evenly kneaded. This will take about

fifteen or twenty minutes. When you first begin, the dough will be soft and sticky, but will become less so the longer you knead, and, when you can knead it on an unfloured, dry board, the kneading may be discontinued.

Kneading renders the gluten so elastic that the dough is capable of expanding to twice its bulk without breaking or cracking. After this, you stand it away to rise. Give it time to fully expand, but be careful that the dough does not fall, as it is then sour, and nothing can be added to restore the original sweetness. Soda is sometimes used, but does not accomplish the object. This falling or souring is caused by the yeast consuming or eating up every atom of flour. If a handful of flour be added to the dough, and the dough then pressed down, it might stand, then, perhaps another hour, or until this flour is consumed, without souring.

Next comes the moulding. After this dough is very light, divide it carefully into loaves; knead lightly on the board until formed; place each one in its own pan (the best pans are made from sheet iron, eight inches long, four wide, and four deep), and stand back in a warm place until double its bulk.

Now comes the baking, which is equally important. There are several ways of testing the oven without a thermometer. One is the baker's method; he throws flour on the floor of the oven; if it browns quickly, without taking fire, the heat is sufficient, or if you can hold your hand in the oven while you count twenty slowly, it is right; or, if you use a thermometer, 360°. The bread should be in the oven ten minutes before it begins to brown.

If the oven be too hot, a thick crust is produced, forming a non-conducting covering to the loaf, which prevents the heat from penetrating to the interior; hence, the burnt loaf is always unbaked in the centre, and the dextrine is changed into caramel, thus making the crust bitter

instead of sweet. Bake in single pans, three-quarters of an hour. When done, remove it immediately from the pan, and tip against a plate or bread board, so that the air will circulate freely around it. Do not cover, if you like a crisp, sweet crust. When perfectly cold, put it into a sweet, clean, tin bread box, without any wrapping, as the cloth absorbs the moisture, and very soon sours and moulds, destroying the flavor of the bread.

YEAST No. 1

Pare four good-sized potatoes, and let them lie in cold water for a half-hour. Put one quart of boiling water in a saucepan. Now grate the potatoes quickly and stir them into the boiling water; stir over the fire for five minutes, then take from the fire, add a half-cupful of sugar, and two tablespoonfuls of salt, turn into a stone jar or bowl, and let stand until lukewarm; then add one cupful of good yeast, cover and ferment three or four hours; stir it down every time it comes to the top of the vessel; then put it into a jar or large bottle, or something you can cover tightly, and stand it in a place where it will keep very cold, but not freeze. It will keep two weeks. Save one cupful of this yeast to start with next time.

This is the simplest and best yeast that can be made.

YEAST No. 2

Pare and boil four good-sized potatoes; when done, mash them fine. Put a half-cupful of dried hops into one quart of water, and boil fifteen minutes. Put one pint of flour into a bowl, strain over it the boiling hop water, add the mashed potatoes, and beat until smooth; then add a half-cup of sugar, and two heaping tablespoonfuls of salt, and finish the same as Yeast No. 1.

FRENCH BREAD

1 quart of water
1 pound of potatoes
1 cup of good yeast or half a compressed cake
About four quarts of flour
6 hop flowers
1 tablespoonful of salt

Put the hops in the water, and boil five minutes. Boil the potatoes in their skins; when done, peel and mash them fine. Put three cups of flour into the bread pan, pour one pint of boiling water over it, and beat quickly until smooth; add the mashed potatoes, and then strain into this the hop-water; add the salt and a teaspoonful of sugar; beat thoroughly; and, when lukewarm, add the yeast; stand in a warm place for nine hours, or over night. In the morning add sufficient flour (about three and a half quarts) to make a dough; knead thoroughly and continuously for ten minutes, using as little flour as possible; then wet the hands in lukewarm water, raise the dough about three feet from the board, and throw it back with force, and continue this process for fifteen minutes, or until large air bubbles are formed in the dough. If properly worked the dough will be very elastic and soft, but will not stick to the hands. Now put it back in the bread pan, cover, and stand in a warm place to rise, about two hours. When light, take out gently, enough of this dough to make one loaf (about a pound); sprinkle the board lightly with flour, knead so as to make a kind of ball; then roll it gently with palms of the hands, giving it an elongated shape; now flour a rolling-pin lightly, place it on top of the loaf, right in the centre, and press and roll a little to make a furrow in the middle of the loaf. Now dust a towel or bread cloth well with flour, place the loaf just made upside down on the towel, pulling out the ends a little to give the loaf a long form, and so continue until all the loaves are made; then cover with a towel, let rise as ordinary bread; then turn

into floured bread pans, the furrowed side up, *i. e.*, the side that was down in the floured towel must be up in the baking-pan. The loaves must be a little distance apart, if you place two in one pan. Sprinkle plenty of flour on the top of each loaf, and bake in a moderately quick oven, forty minutes.

MILK BREAD

1 pint of milk	About two quarts of flour
½ cup of yeast or half a compressed cake	1 teaspoonful of salt
	1 teaspoonful of butter

Scald the milk and turn it into the bread pan, add the butter and salt. When cool, add the yeast, and sufficient flour to make a thick batter. Beat thoroughly until the batter is full of air-bubbles. Cover, and let stand in a warm place (72° Fahr.) until morning. Early in the morning add enough flour to make a dough. Take it out on a baking-board as soon as it is stiff enough to do so, and knead quickly and gently until the dough is perfectly smooth and elastic, and will not stick to the board or hands. Now put it back in the bread pan, cover, and stand in the same warm place, and let it rise until it doubles its bulk. When light, turn out on the board, divide it into halves, mould lightly into loaves, put them into greased pans, and stand away again until light. Bake in a moderately quick oven (390° Fahr.) for three-quarters of an hour.

WATER BREAD

Water bread is made precisely the same as Milk Bread, using tepid water instead of milk.

MILK BREAD WITH POTATO SPONGE

2 potatoes	1 quart of milk
1 tablespoonful of salt	1 cup of yeast or half a compressed cake
About four quarts of flour	

Pare the potatoes, put them in a saucepan with a quart of

boiling water, and boil until very tender. Put one cup of flour in the bread pan, pour over it one cup of the boiling potato water, beat quickly; mash the potatoes through a colander into this batter, and beat again until smooth. When lukewarm, add the yeast and salt; mix, cover, and stand in a warm place (72° Fahr.) over night. In the morning scald the milk; and, when lukewarm, add to it sufficient flour to make a batter; then add the potato sponge, mix well, cover, and stand away in a warm place until very light. Then add sufficient flour to make a dough. Take it out on a baking-board as soon as it is stiff enough to do so, and knead quickly and gently until the dough is perfectly smooth and elastic, and will not stick to the board or hands; then cut it into quarters, mould into loaves, place each loaf in a greased bread pan, cover with a towel, and stand in a warm place to rise, until it doubles its bulk. Then bake in a moderately quick oven (390° Fahr.) for three-quarters of an hour.

STIRRED BREAD

Make a sponge the same as for Milk Bread, and let it stand over night. In the morning, beat it well, add one cup of flour, and pour it into greased, deep bread pans. Let it stand until light (about two hours). Bake in a moderately quick oven for three-quarters of an hour.

This makes a very sweet bread, but is not so delicate as when kneaded.

SALT-RISING BREAD

Add to one pint of scalding water sufficient flour to make a thick batter, add a half-teaspoonful of salt, and beat until smooth and full of air-bubbles. Cover closely, stand in a pan of warm water and keep in a warm place over night. In the morning, scald one pint of milk, stand aside until

lukewarm; add a teaspoonful of salt and enough flour to make a batter that will drop, not pour, from a spoon. Now turn into this the salt rising, which should be very light, and emit a very unpleasant odor; beat thoroughly and continuously for three minutes, then cover with a towel, stand in a pan of warm water, and put where it will keep warm until very light (about two hours); then add sufficient flour to make a dough; knead thoroughly and continuously until smooth and elastic, divide into loaves, mould, place in greased pans, cover with a towel, and, when very light, bake in a moderate oven (300° Fahr.) one hour.

This must be kept very much warmer than a yeast bread, or it will not rise. It is thought by some more digestible than any other kind of bread.

SWEET POTATO BREAD

1 quart of flour
4 roasted sweet potatoes
1 tablespoonful of salt
1 pint of warm water
1 cup of yeast or half a compressed cake
1 tablespoonful of butter

Put the water into a bread pan or large bowl, add the butter, salt, yeast and flour; beat well, and stand in a warm place over night. In the morning, bake the potatoes and press them through a sieve into the light sponge, add flour, and finish same as Milk Bread.

RYE BREAD

Make a sponge from wheat flour as directed in recipe for Milk Bread. In the morning add sufficient rye *flour* to make a *soft* dough. Knead lightly; then cut the dough in two loaves, mould, place in greased bread pans, cover and stand in a warm place to rise again. When light, bake in a moderate oven (300° Fahr.) for one hour.

Rye bread must not be as stiff as white bread, and does not require so much kneading.

CORN BREAD

2 potatoes
1 tablespoonful of salt
1 pint of yellow corn meal
1 quart of milk
1 cup of yeast or half a compressed cake
Sufficient flour to make a dough

Pare the potatoes, put them in a saucepan with a quart of boiling water, and boil until very tender. Put one cup of flour in the bread pan, pour over it one cup of the boiling potato water, beat quickly. Mash the potatoes through a colander into this batter, beat again until smooth, and let stand until lukewarm; then add the yeast and the salt, mix well; cover and stand in a warm place (72° Fahr.) over night. Now put the corn meal in a bowl and pour over it just sufficient boiling water to moisten it; let it stand also over night. In the morning, scald the milk and stand aside until lukewarm; then add sufficient flour to make a batter that will drop, not pour, from a spoon; now add to this the scalded corn meal, then the potato mixture; beat all well together, then add sufficient flour to make a soft dough; knead lightly, using just enough flour to prevent sticking; then divide in fourths. Mould each fourth into a loaf, place each loaf in a greased bread pan, cover and stand in a warm place until light, then bake in a moderate oven (300° Fahr.) for one and a quarter hours.

NORWEGIAN BREAD

1 pint of barley meal
½ pint of Graham flour
½ pint of wheat flour
1 teaspoonful of salt
1 cup of yeast or half a compressed cake

Scald the milk and let stand until lukewarm, then add the salt and yeast, mix, and add all the other ingredients. Beat thoroughly and continuously for ten minutes, then turn into a greased bread pan; cover with paper and stand in a warm place until very light and full of air bubbles,

then bake in a moderately quick oven (390° Fahr.) for forty minutes.

GRAHAM BREAD

Make a sponge at night as directed in recipe for Milk or Water Bread. In the morning add two large tablespoonfuls of molasses and sufficient Graham flour to make a soft dough. Work well with the hand, mould into loaves, put into well-greased pans, let it rise again, and bake in a moderate oven (300° Fahr.) for one hour.

Graham bread must be watched more carefully than white bread, as it sours quickly.

BOSTON BROWN BREAD

2 cups of Yankee rye meal
2 cups of Indian meal
1 cup of molasses
1 teaspoonful of soda or saleratus
1 teaspoonful of salt
1½ pints of sour milk

Mix the rye and the Indian meal well together. Dissolve the soda or saleratus in two tablespoonfuls of boiling water, then add it to the sour milk; add the molasses, mix, and pour it on the meal, add the salt and mix thoroughly. Pour into a well-greased two-quart brown bread mould, put the lid on, and steam five hours; then remove the lid, put in the oven, and bake thirty minutes.

ADIRONDACK CORN BREAD

1 cup of Indian meal
1 cup of flour
5 eggs
1 tablespoonful of sugar
2 ounces of butter
2 heaping teaspoonfuls of baking-powder
1 pint of milk

Soften the butter without melting. Beat the eggs separately until light, then add the yolks to the milk, add the meal and flour, beat until smooth; add the butter, mix;

then add the sugar, whites of eggs and the baking-powder; stir lightly and swiftly. Grease a broad, shallow pan, turn in the mixture, bake in a moderately quick oven (390° Fahr.) for forty minutes. Serve hot.

HOT CORN BREAD

1 quart of corn meal
1 teaspoonful of salt
1 ounce of butter
2 eggs
1 pint of sour cream or buttermilk
1 teaspoonful of saleratus or soda

Put the corn meal in a large bowl, and pour over it just enough boiling water to scald it through, stir thoroughly and let stand until cold, then add the eggs well beaten, the cream or buttermilk, salt, and butter; beat thoroughly from the bottom of the bowl. Dissolve the saleratus or soda in two tablespoonfuls of boiling water, stir it into the mixture, turn quickly into a greased, square, shallow pan, put into a hot oven, and bake forty minutes.

SOUTHERN RICE BREAD

2 cups of white Indian meal
3 eggs
1¼ pints of milk
1 cup of cold boiled rice
1 ounce of butter, melted
1 teaspoonful of salt
2 heaping teaspoonfuls of baking-powder

Beat the eggs without separating until very light, then add them to the milk; then add the meal, salt, butter and rice; beat thoroughly, add the baking-powder, mix. Grease three round, shallow pans, turn in the mixture, put quickly in a hot oven, and bake thirty minutes. Serve hot.

PARKER HOUSE ROLLS

1 pint of cold boiled milk
1 teaspoonful of salt
2 quarts of sifted flour
1 large spoonful of lard
½ cup of yeast or half a compressed cake dissolved in a half-cup of lukewarm water
1 teaspoonful of sugar

Put the flour into a deep bowl, add salt and sugar. Mix

and then rub in the lard. Make a well in the centre. Mix the yeast and milk well together, pour it into the well, and let it stand until morning. Then stir, and knead thoroughly, first in the bowl, and, as soon as stiff enough, on the board. Now pound it for fifteen minutes with a potato masher; as soon as it becomes velvety, put it back in the bowl, cover it, and set away in a warm place (72° Fahr.) until *very* light. When light, roll out on the board a quarter-inch thick, cut with a round cutter, fold one-third over two-thirds, put on a greased baking-sheet; let stand again one hour, bake in a quick oven (400° Fahr.) for fifteen minutes.

Remember that different kinds of flour require more or less moisture. Do not add the whole two quarts, if less will answer.

FRENCH ROLLS

French rolls are made in precisely the same manner as French Bread. When light the second time, form into small rolls instead of loaves; finish the same as the bread.

TEA BISCUIT No. 1

1 pint of milk
2 ounces of butter or lard
½ cup of yeast or half a compressed cake
1 teaspoonful of salt
1 teaspoonful of sugar
About two quarts of good flour

Scald the milk, and stand away until lukewarm; then add the salt, sugar, and butter or lard, stir until the butter is dissolved, then add the flour, and beat vigorously for five minutes; add the yeast; mix well, cover with a towel, and stand in a warm place for four hours, or until very light; then knead, adding sufficient flour to prevent sticking. It must not be as stiff as bread. Knead continuously for ten minutes, put back in the pan, cover again and stand in a

warm place for two hours, or until double its bulk. Now turn it out on the bread board, pinch off a small piece, of the dough, about the size of a walnut, knead it lightly with the fingers into a little ball, place in a greased pan, and so continue until you have them all made. Place them far enough apart (two inches) to have a brown crust all around. When you have them all moulded, cover again, and let stand a half-hour, then bake in a quick oven for fifteen minutes.

TEA BISCUIT No. 2

1 pint of milk
1 teaspoonful of salt
2 ounces of butter or lard
2 eggs
1 teaspoonful of sugar
3 or more pints of flour
½ cup of yeast or quarter of a compressed cake

Scald the milk, add to it the butter or lard, and stand one side to cool. When cool, add the salt, sugar and yeast; mix, and add one-half the flour; beat continuously for five minutes, cover and stand in a warm place (72° Fahr.) for four hours. When light, add the eggs well beaten, and sufficient flour to make a soft dough. Knead lightly and continuously for fifteen minutes or until elastic; cover again and stand in a warm place until double its bulk, or very light, then roll out in a sheet about a half-inch thick, cut into biscuits with a cutter, place in greased baking-pans, cover, let stand a half-hour and bake in a quick oven (400° Fahr.) for fifteen minutes.

POTATO BISCUIT No. 1

1 pint of milk
6 medium-sized potatoes
1 teaspoonful of salt
1 teaspoonful of sugar
¼ pound of butter or lard
1 cup of yeast or half a compressed cake
Sufficient flour

Scald the milk. Pare and boil the potatoes, then mash fine; add to them the hot milk, butter or lard, salt and sugar; beat until smooth; add a half-cup of flour, stir and

let stand until lukewarm; then add the yeast and sufficient flour to make a thick batter, beat continuously for five minutes; cover and stand in a warm place (72° Fahr.) for three hours, or until very light. Then add flour to make a soft dough, knead quickly and lightly for fifteen minutes, then roll out in a sheet a half-inch thick, cut into biscuits, place in greased baking pans and cover, stand in a warm place until very light, then bake in a quick oven for twenty minutes. These, if carefully made, are delicious.

POTATO BISCUIT No. 2

1 large potato
¼ yeast cake or a half-cup of yeast
1 tablespoonful of salt
1 pint of milk
2 ounces of butter
Flour enough to make a dough

Pare the potato, and put it on to boil in boiling water. Put a half-cup of flour into a bowl, and scald it with a half-pint of the water in which the potato was boiled; stir and beat rapidly; now add the potato, mashed, and the salt; beat all thoroughly and let stand until lukewarm, then add the yeast, or yeast cake dissolved in a half-cup of lukewarm water, beat well, cover and stand in a warm place about (72° Fahr.) until light. This will take about four hours. When this is light, scald the milk, add to it the butter; and, when lukewarm, sufficient flour to make a batter which will drop from the spoon. Now add the light mixture to this, mix well, cover and put back in the warm place to rise (about two hours). When light, add sufficient flour to make a dough, and knead as you would bread for about fifteen minutes. Make into little biscuits, place them in a greased pan so that they will not touch each other, cover and stand in a warm place for one hour. Bake in a quick oven twenty minutes. If you want these for tea, begin them about ten o'clock in the morning.

BREAD BISCUITS

Take one pound of bread dough when it is being moulded for the pans; add to it two ounces of butter, chop with a knife until the butter is thoroughly mixed with the dough. Sprinkle some flour on the baking-board and knead the dough for five minutes; then form into small biscuits, place in a greased pan, cover and stand in a warm place for two hours, and bake in a quick oven twenty minutes.

RAISED MUFFINS, GEMS, ETC.

PLAIN MUFFINS

1 pint of milk
1 tablespoonful of butter
2 eggs
3 cups of flour
½ cup of yeast or half a compressed cake
1 teaspoonful of salt

Scald the milk, add to it the butter and let stand until lukewarm; then add the yeast, or the cake dissolved in a quarter-cup of warm water, and salt, and beat well. Cover and stand in a warm place (65° Fahr.) until morning. In the morning, beat the eggs separately; add first the yolks and then the whites; beat well, let stand fifteen minutes, and bake in greased muffin rings on the griddle on top of the stove, or in the oven. This mixture may also be baked in gem pans, and is then Wheat Gems.

RICE MUFFINS

Make a batter the same as for Plain Muffins; after adding the flour, beat in one cupful of boiled rice; let stand over night, and bake as Plain Muffins.

HOMINY OR GRITS MUFFINS

Make and bake the same as Plain Muffins; add one cup of cold boiled grits to the batter.

ENGLISH MUFFINS

1 pint of milk
1 ounce of butter
½ cup of yeast or quarter of a compressed cake
3 cups of flour

Scald the milk, add the butter, and stand it to one side until lukewarm; then add the yeast, a teaspoonful of salt, and the flour, and beat continuously for five minutes; cover with a towel and stand in a warm place to rise about two hours. When light, add sufficient flour to make a soft dough; work lightly with the hand, divide into small balls, place each ball in a greased muffin ring, or deep gem pan, cover and let rise again. Then bake on a hot griddle, if in muffin rings, or in a hot oven if in gem pans, until a nice brown. When done, *break* or *pull* them open; do not cut them, as a cold knife makes them heavy.

CRUMPETS

1 pint of milk
1 teaspoonful of salt
About three cups of flour
4 ounces of butter
1 cup of yeast or half a compressed cake

Scald the milk, let it stand until lukewarm; then add the salt and flour; beat vigorously; then add the butter, melted, and the yeast; beat again; cover and stand in a warm place until very light. Grease the muffin rings and place them on a hot griddle. Fill each ring half full of the batter; bake until brown on one side, then turn and brown on the other. Take from the fire and stand one side until wanted. When ready to use, toast them on both sides, being careful not to burn. Butter them nicely, and serve quickly on a hot plate.

SALLY LUNN

1 pint of milk
3 eggs
1 teaspoonful of sugar
1½ pints of sifted flour
1 teaspoonful of salt
1 ounce of butter
1 gill of good yeast or quarter of a compressed cake

Scald the milk, add to it the butter, and stand on one side until lukewarm; then add the yeast, salt, sugar and flour; beat continuously for five minutes, cover and stand in a warm place for two hours, or until very light. Then beat the eggs separately until very light; add first the yolks and then the whites; stir them in carefully; stand again in a warm place for fifteen minutes; then turn into a greased Turk's head, and bake in a moderately quick oven for forty minutes.

RAISED WAFFLES AND GRIDDLE CAKES

PLAIN WAFFLES

1 quart of sifted flour
1 teaspoonful of salt
3 eggs
2 ounces of butter
½ cup of yeast or half a compressed cake
1½ pints of milk

Rub the butter into the flour, add the salt, then the milk—which should be scalded and cooled, and the yeast; beat thoroughly and continuously for three minutes; cover and stand in a warm place for two hours, or until very light. Then beat the eggs separately, add to the batter first the yolks and then the whites; let stand fifteen minutes. Have the waffle-iron gradually and thoroughly heated. Dip a small paint brush in melted suet and brush the iron until every part is well greased. Pour the batter into a pitcher, so that you may fill the iron quickly. Open the iron, pour the batter from the pitcher into the iron until you have covered the elevations, close the iron quickly and turn it over. Bake about two minutes, or until a nice brown; then remove them carefully, place on a hot dish, and serve quickly.

RICE WAFFLES

Make the same as Plain Waffles, adding one cup of boiled rice with the flour.

GRITS WAFFLES

Make the same as Plain Waffles, adding one cup of boiled grits with the flour.

FLANNEL CAKES

Make a batter the same as for Plain Muffins, using a gill more of milk. Bake on a hot griddle.

RICE GRIDDLE CAKES

1 cup of boiled rice
2 eggs
About 2½ cups of flour
1 pint of milk
½ cup of yeast or half a compressed cake
1 large teaspoonful of salt

Scald the milk, stand to one side until cold; then add the yeast, salt, flour and rice; beat continuously for three minutes, cover, and stand in a warm place until morning. In the morning, beat the eggs separately until light; add first the yolks, then the whites; mix thoroughly; let stand fifteen minutes, and bake on a hot griddle. The griddle should always be placed on the back part of the range over night, to heat gradually.

BUCKWHEAT CAKES

First, be sure that you get perfectly pure buckwheat, free from grit. The adulterations with rye injure the quality.

Put one quart of cold water into a stone jar with a small neck, add to it one teaspoonful of salt and three and three-quarter cups of buckwheat flour; beat well until perfectly smooth; then add a half-cup of yeast or half a compressed cake, and mix well; cover the top of the jar with a saucer or plate; let stand in a moderately warm place (65° Fahr.) until morning. In the morning, dissolve a half-teaspoonful of saleratus or soda in two tablespoonfuls of boiling water, add this to the batter, beat thoroughly and bake on a hot griddle.

The saleratus is simply to improve the flavor.

A cupful of this batter may be saved, and added to the cakes of to-morrow instead of fresh yeast, and may be so continued all winter.

GRANULATED WHEAT GRIDDLE CAKES

1 pint of milk
2 eggs
½ cup of yeast or half a compressed cake
3 cups of granulated wheat (Health Food)
1 tablespoonful of *melted* butter
1 teaspoonful of salt

Scald the milk, and then stand it one side to cool; then add the yeast, salt, granulated wheat, and melted butter; beat until smooth, cover, and stand in a warm place over night, or until very light. Then beat the eggs until light, stir them into the batter, let stand fifteen minutes, and bake on a hot griddle.

GRAHAM GRIDDLE CAKES

⅔ quart of Graham flour
2 ounces of butter
1½ pints of milk
3 eggs
⅓ quart of wheat flour
1 teaspoonful of salt
½ cup of yeast or half a compressed cake

Scald the milk, and stand it one side to cool; then add the Graham flour, and beat until smooth; add the butter (melted), salt, and yeast; beat again, and stand in a warm place over night, or until very light. Beat the eggs separately, add first the yolks, then the whites, to the batter; let stand fifteen minutes, and bake on a hot griddle. Very good.

QUICK MUFFINS, WAFFLES, GRIDDLE CAKES, ETC.

QUICK MUFFINS

1 pint of milk
1 ounce of butter
1 teaspoonful of salt
3 cups of flour
2 heaping teaspoonfuls of baking-powder or a half-teaspoonful of soda and one of cream of tartar
3 eggs

Beat the eggs separately until light; add the yolks to the milk, then the flour, which must be more or less, according to the quality. The batter must be thin and pour from the spoon. Now add the melted butter, and salt; give the whole a vigorous beating. Now add the baking-powder, and the well-beaten whites; stir until thoroughly mixed. Bake in muffin rings in a quick oven, or on the griddle.

GEMS

Make precisely the same as Quick Muffins, pour into greased gem pans, and bake in a quick oven for about twenty-five minutes.

CORN GEMS

2 cups of yellow corn meal
1 cup of flour
2 ounces of butter
3 eggs
1 cup of cold milk
2 teaspoonfuls of baking-powder or a half-teaspoonful of soda and a teaspoonful of cream of tartar
1 cup of boiling milk

Put the meal into a bowl, put the butter in the centre and pour over it the boiling milk, stir; then add the cold milk, the eggs well beaten, salt, and flour. Beat well, add the baking-powder and mix thoroughly. Pour into greased gem pans, and bake in a hot oven thirty minutes.

GRAHAM GEMS WITH DATES

1 pint of milk
1 teaspoonful of salt
½ cup of chopped dates
1 tablespoonful of melted butter
3 cups of Graham meal
1 cup of boiled rice
3 eggs
2 teaspoonfuls of baking-powder

Beat the yolks of the eggs, and add them to the milk, then the rice, salt, meal, and butter; give the whole a vigorous beating. Now add the dates, the baking-powder, and the whites of the eggs beaten to a stiff froth; mix carefully. Bake in gem pans, in a quick oven, thirty minutes.

GRAHAM GEMS

Graham gems are made precisely the same as the preceding recipe, omitting the rice and dates.

HYGIENIC GRAHAM GEMS

2 cups of *ice-water*
1 teaspoonful of salt
3½ cups of Graham meal.

Grease the gem pans and put them in the oven to get *very hot.* Put the ice-water and salt into a large bowl; take the Graham up by handfuls, holding it high over the basin, which should stand in a current of air, and sprinkle slowly into the ice-water, beating all the while; then pour the batter quickly into the *very* hot pans, and put immediately into a very hot oven, and bake about thirty minutes.

CREAM MUFFINS

1 pint of cream
2 eggs
3 cups of sifted flour
1 teaspoonful of salt
1 tablespoonful of melted butter
2 teaspoonfuls of baking-powder

Beat the yolks of the eggs, and add them to the cream; add this gradually to the flour, beat well, and let stand fifteen minutes; then add the salt, melted butter, the whites of

the eggs beaten to a stiff froth, and the baking-powder; mix well, and bake in gem pans or muffin rings, in a quick oven, twenty-five minutes.

BREAD MUFFINS

1 pint of stale bread crumbs
1½ cups of sifted flour
1 tablespoonful of melted butter
1 pint of milk
2 eggs
2 teaspoonfuls of baking-powder

Cover the bread crumbs with the milk, and soak for a half-hour. Beat the eggs separately. Add the yolks to the bread and milk, then the melted butter, and a teaspoonful of salt, mix all well together; add the flour, beat until smooth, and stir in carefully the whites of the eggs and baking-powder. Bake in greased gem pans, in a quick oven, thirty minutes.

POP OVERS

2 cups of flour
3 eggs
2 cups of milk
½ teaspoonful of salt

Grease gem pans or small earthen cups, and put them in the oven to get very hot. Beat the eggs (without separating) until very light, add to them the milk and salt; then pour this gradually on the flour, stirring all the while. Do not add too rapidly, or the batter will be so liquid that it cannot be beaten smooth. Strain through a sieve to remove any little lumps that may remain. Take the gem pans or cups from the oven, quickly fill them half full with this mixture, put them in a quick oven, and bake about twenty-five minutes.

If properly made and properly baked, they will swell four times their bulk, and make a most delicious breakfast cake.

QUICK WAFFLES

1 pint of milk
3 cups of flour
1 teaspoonful of salt
2 heaping teaspoonfuls of baking-powder
3 eggs
1 tablespoonful of butter

Beat the yolks of the eggs until light, then add the milk, then the flour and salt; give the whole a good beating—beat until smooth; add the butter, melted, and, last, the whites of the eggs beaten to a stiff froth, and the baking-powder; mix thoroughly, and bake the same as Plain Waffles.

RICE WAFFLES

Rice waffles can be made by either of the above recipes. Use one cup of boiled rice and a half-cup less of flour, adding the rice before the eggs.

OATMEAL GRIDDLE CAKES

1 pint of cold boiled oatmeal
1 cup of milk
½ teaspoonful of salt
2 teaspoonfuls of baking-powder
2 cups of flour
2 eggs

Beat the milk into the oatmeal, then add the salt, the yolks of the eggs, and a cup of boiling water, and mix all well together; add the flour, beat again; then add the baking-powder and the whites of the eggs beaten to a stiff froth; mix well, and bake on a griddle.

RICE GRIDDLE CAKES

1 pint of milk
2 cups of flour
2 cups of cold boiled rice
3 eggs
2 heaping teaspoonfuls of baking-powder

Press the rice through a sieve, add to it the eggs well beaten, then a tablespoonful of melted butter, then the flour and milk; beat until smooth, add the baking-powder, mix thoroughly, and bake at once on a hot griddle. These

may be made with yeast, instead of baking-powder, by adding a half-cup of yeast, or half of a compressed cake dissolved in a half-cup of lukewarm water, to the batter, and standing in a warm place two hours before baking-time.

INDIAN GRIDDLE CAKES

1 pint of Indian meal
3 eggs
1 cup of flour
2 heaping teaspoonfuls of baking-powder
1 teaspoonful of salt
1 pint of milk

Put the Indian meal into a bowl, and pour over it just enough boiling water to scald it; do not make it soft; let stand until cool. Now add the milk; beat the eggs until very light (do not separate them), add them to the batter; then add the flour and salt; beat vigorously for three minutes, then add the baking-powder, mix well, and bake quickly on a hot griddle.

QUICK FLANNEL CAKES

1 quart of flour
2 ounces of butter
1 teaspoonful of salt
2 teaspoonfuls of baking-powder
3 eggs
1½ pints of milk

Rub the butter into the flour with the hands until smooth, then add the salt. Beat the yolks of the eggs, add them to the milk; add this to the flour, and beat vigorously until smooth; add the whites of the eggs and the baking-powder, and bake quickly on a hot griddle. Very nice.

STALE BREAD GRIDDLE CAKES

1 quart of milk
1 pint of stale bread crumbs
1 teaspoonful of salt
2 eggs
2 teaspoonfuls of baking-powder or one teaspoonful of cream of tartar and a half-teaspoonful of soda
Flour to make a thin batter

Soak the bread in the milk for one hour, then beat it

smooth. Beat the eggs separately until very light, add first the yolks, then the flour and salt; beat again, add the whites and baking-powder; mix, and bake quickly on a hot griddle.

BUTTERMILK CAKES

1 quart of buttermilk
1 teaspoonful of salt
Flour to make a thin batter
1 egg
1 teaspoonful of soda or saleratus

Beat the egg, add to it the buttermilk; add the salt, and mix well. Dissolve the soda or saleratus in two tablespoonfuls of boiling water, then stir it into the buttermilk. Now add gradually the flour, stirring all the while, until you have a batter that will pour smoothly from a spoon. Give a good beating, and bake quickly on a hot griddle.

PANCAKES

1 quart of flour
4 eggs
2 tablespoonfuls of sweet oil or melted butter
1 tablespoonful of brandy
Sufficient quantity of lukewarm water and milk (about half of each) to make a thin batter (about one and a half pints)

Beat the eggs until light, add to them half the milk and water, and add this gradually to the flour, stirring all the while; then add the oil, brandy, and a half-teaspoonful of salt; mix well, and add the remainder of the milk and water; give a good beating, and stand away in a cold place for three hours. Then put one tablespoonful of butter in a frying-pan, and stand it over a good fire; when hot, put a ladle of the batter into it, spread so as to cover the entire bottom of the pan. Fry brown on one side, then turn and brown the other. Spread with a thin layer of preserves or jam, roll, dust with powdered sugar, and serve warm.

CORN GRIDDLE CAKES

1 quart of grated corn
1 cup of flour
1 cup of milk
1 tablespoonful of melted butter
4 eggs
½ teaspoonful of salt

Beat the eggs separately, add the yolks to the corn, then the milk, then the flour and salt; beat well; then stir in carefully the well-beaten whites, and bake on a hot griddle.

SODA AND QUICK BISCUIT, ETC.

SODA BISCUIT

1 quart of sifted flour
1 teaspoonful of salt
½ pint of milk
1 large spoonful of lard
2 heaping teaspoonfuls of baking-powder or a half-teaspoonful of soda and one teaspoonful of cream of tartar

Put the baking-powder, or cream of tartar and soda, and salt, into the flour, and sift it again. Then rub into this the lard. Now see that the oven is very hot (400° Fahr.). Grease the pans, and get the cutter and rolling-pin. Have everything ready before you put in the milk, then add the milk and knead up quickly, Roll out on the board one inch thick; cut with a small round cutter, put quickly into the pans and then into the oven. Bake twenty minutes. Remember, to have them a success, handle as little, and make as rapidly, as possible.

RYE BISCUIT

Make same as Soda Biscuit, using one pint of rye flour and one pint of wheat flour, instead of one quart of flour.

SHORTCAKES

3 cups of sifted flour
1 teaspoonful of salt
¼ cup of butter
1 even teaspoonful of baking-powder
A scant cup of ice-water

Rub the butter into the flour as quickly and lightly as possi-

ble, add the salt and baking-powder, mix well; moisten with the ice-water. Roll out on a board about a half-inch thick, cut with a round cake cutter, put in greased baking-pans, and bake in a quick oven a half-hour.

CREAM SHORTCAKES

1 quart of flour — 1 teaspoonful of salt
1 scant teaspoonful of soda — ½ pint of thick sour cream

Add the salt to the flour. Dissolve the soda in two tablespoonfuls of boiling water, add it to the sour cream; then add the cream to the flour, mix quickly, and form into cakes the size of a breakfast plate, and a half-inch thick. Place on a hot griddle. Brown on one side, then turn and brown the other.

If the flour is very heavy, it may require a little more cream to make a soft dough.

HOE CAKE

1 pint of corn meal — ½ teaspoonful of salt
Sufficient water to make a batter

Put the corn meal into a bowl, and add the salt; pour over it sufficient boiling water to just moisten the meal, and let stand ten minutes; then add the water until the batter will drop nicely from a spoon. Bake the same as griddle cakes on a hot griddle or hoe. When done, put a bit of butter on the top of each cake, and serve.

The old colored cooks in the South used to make these to perfection, and baked them on their hoes—hence the name—before a wood fire.

CORN DODGERS

2 cups of white meal — 1 tablespoonful of lard
1 teaspoonful of salt — 1 egg
1 tablespoonful of milk

Mix the salt and meal together dry, put the lard in the centre, and pour over enough boiling water to wet the

meal. Beat the egg until very light, add the milk and stir into the meal. Beat the whole well. Drop by tablespoonfuls on greased pans, and bake in a very hot oven (380° Fahr.) for fifteen minutes.

JOHNNY CAKE

1 pint of buttermilk
1 pint of Indian meal
1 teaspoonful of salt
3 eggs
2 tablespoonfuls of melted butter
1 teaspoonful of saleratus or soda

Beat the eggs all together until light, add them to the buttermilk, then add the Indian meal; beat well. Dissolve the saleratus or soda in two tablespoonfuls of boiling water, add this, the butter, and salt to the batter, mix thoroughly, and pour into a greased, shallow baking-pan. Bake in a moderately quick oven for a half-hour.

PONE

Upon one quart of corn meal (white is best) pour just enough boiling water to scald it through; stir it thoroughly, let it stand until cold, then rub into it a piece of butter the size of a walnut, and add a little salt. Beat two eggs until light, without separating, add them to the meal, mix well; add one pint of *sour* milk or buttermilk, beat until smooth. Dissolve one teaspoonful of soda in a tablespoonful of boiling water, stir it into the mixture, turn into a greased baking-pan, and bake in a quick oven for thirty-five minutes.

VIRGINIA BISCUIT

1 quart of sifted flour
1 teaspoonful of salt
¼ pound of butter
Water to moisten

Put the flour into a bowl, add the salt, then rub the butter into it with the hands, add the water gradually until just moist. Work and knead until smooth and elastic. Then put the dough on a block and pound it with an axe until

full of bubbles. Roll out as thin as a wafer, cut into small round cakes, stick with a fork here and there over the surface, and bake in a quick oven until a very light brown (about five minutes).

MARYLAND BISCUIT

1 quart of flour 1 teaspoonful of salt
1 large tablespoonful of lard

Add the salt to the flour, then rub the lard thoroughly into it with the hands. Put a half-pint of milk and a half-pint of water into a pitcher, add it gradually to the flour, stirring and kneading all the while—add just enough to moisten the flour, for the dough should be very stiff; knead five minutes, and beat with an axe thirty minutes. Then form into small round biscuits, stick with a fork here and there over the surface, and bake in a moderately quick oven about twenty or twenty-five minutes. They should be browned on top and the sides almost white.

They should be as white as the driven snow inside, with a slight crack around the sides.

EGG BISCUIT

1 quart of flour
5 tablespoonfuls of butter (five ounces)
5 tablespoonfuls of sugar
1 teaspoonful of baking-powder
5 eggs

Mix the flour, sugar, salt and baking-powder together, and then sift. Rub the butter into this, and then add the eggs well beaten; knead until light and elastic, cover with a damp towel and let stand fifteen minutes. Then roll out into a sheet a quarter-inch thick, cut with a small round cutter. Drop a few at a time into boiling water, until the edges curl, then throw them into a pan of cold water for a minute, place in greased pans and bake in a moderate oven until a light brown.

FRITTERS, DOUGHNUTS, CRULLERS, ETC.

PLAIN FRITTERS

Beat two eggs together until light, add to them one cup of milk, a half-teaspoonful of salt, and sufficient flour to make a thin batter that will pour from a spoon. Beat until smooth. Have ready a deep pan of hot fat; add two teaspoonfuls of baking-powder to the batter, mix thoroughly, and drop by spoonfuls into the hot fat. When brown on one side, turn and brown on the other; take out with a skimmer, and serve very hot. Do not pierce them with a fork, as it allows the steam to escape and makes the fritter heavy.

FRENCH FRITTERS

1 cup of flour
½ cup of cold water
2 eggs
1 tablespoonful of olive oil
½ teaspoonful of salt

Put the flour into a bowl; beat the yolks of the eggs, add the cold water and stir this gradually into the flour; now add more water, if necessary, and give a good, vigorous beating. Add salt and oil, and then stir in the whites of the eggs beaten to a stiff froth, and put away for at least two hours, but not longer than twelve hours. Put a pan of dripping or oil on to heat; when hot (360° Fahr.), dip up a spoonful of the batter, and quickly slide it into the fat; when brown on one side turn and brown on the other. When done, take out with a skimmer, drain on soft, brown paper, dredge with powdered sugar, and serve.

Fruit fritters are made by dipping the fruit into this batter and then frying.

JOLLY BOYS

1 pint of rye meal
½ cup of Indian meal
½ teaspoonful of salt
2 tablespoonfuls of molasses
1 teaspoonful of cinnamon
1 cup of wheat flour
2 large teaspoonfuls of baking-powder or one teaspoonful of cream of tartar, and a half-teaspoonful of soda
2 eggs

Mix the rye meal, flour, Indian meal, cinnamon, salt and baking-powder well together; then add the eggs, well beaten, two tablespoonfuls of molasses, and cold water enough to make a *very* thick batter; beat well and drop by spoonfuls into boiling fat. Brown on one side, then turn and brown on the other. Take out with a skimmer, and serve very hot.

The batter should be quite thick, almost like a soft dough.

Nun's Butter should accompany these fritters.

JAPANESE FRITTERS

Cut stale bread into slices a half-inch thick, then cut the slices in pieces about two inches square. Make a French Fritter batter, soak these squares in the batter for about one minute, and fry in boiling fat. When done, take out with a skimmer, drain on brown paper, and serve very hot.

SNOW FRITTERS

1 egg
1½ cups of flour
½ pint of milk
½ teaspoonful of salt
1 pint of snow

Beat the egg until light, add to it the milk, then the salt and flour, give a thorough and continuous beating for five minutes. Have ready a pan of boiling fat, stir the snow lightly into the batter, drop by spoonfuls into the boiling fat, and fry until a nice brown.

QUEEN FRITTERS

Make a batter and filling the same as for Cream Puffs (see recipe for Cream Puffs). Have ready a frying-pan of hot lard. With two teaspoons roll the batter into balls about the size of a hickory-nut. As you make each ball, drop it into the boiling fat, fry and turn until they have swollen the size of an egg. When done, take out carefully with a skimmer, drain, dust with powdered sugar, and stand one side to cool. When cold, split one side with a sharp knife, put a teaspoonful of the filling into the fritter, close, and so continue until all are filled. Serve cold.

DOUGHNUTS

1 pint of milk
½ cup of sugar
Flour sufficient to make a soft dough
3 eggs
1 teaspoonful of salt
½ cup of yeast or half a compressed cake
2 ounces of butter

Scald the milk, add to it the butter and stand one side to cool. When cool, add the yeast, sugar and flour; beat thoroughly, cover, and stand in a moderately warm place over night. In the morning, beat the eggs until light, stir them into the batter; then add sufficient flour to make a a soft dough, knead lightly, cover, and stand away until light. When light, take out about half the dough, roll it out on a baking-board, cut into doughnuts with a large, round cutter; then with a small cutter make a hole in the centre. Spread a clean bread-cloth over the kitchen table, dust it lightly with flour, place the doughnuts on this, cover, and let stand a half-hour. Then have ready a deep kettle of boiling fat (suet best). Put the doughnuts into this fat upside down (*i. e.*, the side that was up on the table should

go down in the fat). In standing, a crust forms on the surface, which prevents the doughnuts from becoming light if they are placed in the fat with this crust uppermost. Fry on one side, then turn by slipping a fork through the hole in the centre; do not stick it into the doughnut. When done, drain, and dust with powdered sugar.

BREAD DOUGHNUTS

Take one pint of bread dough, when you are moulding it for the pans, add to it two ounces of lard or butter, which cut and work with a knife into the dough, adding flour to prevent it sticking to the board. When soft and elastic, place it in a bowl, cover, and stand in a warm place until very light. When light, roll out and finish the same as preceding recipe.

CRULLERS

2 ounces of butter
2 eggs
4 heaping tablespoonfuls of sugar
¼ of a nutmeg, grated
Sufficient flour to make a dough

Beat the butter and sugar to a cream, then add the yolks of the eggs and nutmeg; beat again until light; then add the well-beaten whites, and sufficient flour, gradually, to make a dough that will roll out on the board. Roll the dough out into a sheet a quarter-inch thick, cut into pieces about two inches square; now make five incisions, cutting to within one-third of an inch at either end; take up every other strip; fold them in the middle and drop them quickly into boiling fat. When brown, drain, dust with powdered sugar, and stand away to cool.

GERMAN CRULLERS

1 cup of thick, sour cream	1 cup of sugar
3 cups of sifted flour	2 eggs
½ teaspoonful of salt	1 heaping teaspoonful of baking-powder
1 teaspoonful of vanilla	

Beat the eggs until light; then add the sugar; beat again; add the sour cream; mix; add the vanilla and salt. Put the baking-powder into the sifted flour and sift again; now add this to the other ingredients, mix, roll out on a board, cut with a large, round cutter; then with a small cutter take out the centres. Drop them quickly into boiling fat, brown on one side, turn and brown on the other. When done, drain, and dust with powdered sugar.

To have these a perfect success, the dough must be as soft as you can possibly handle it.

FRENCH CRULLERS

4 ounces of flour	2 ounces of butter
½ pint of water	4 eggs

Cut the butter into small pieces, put it into the water, and stand over a good fire to boil; as soon as it boils, add the flour quickly, and stir over the fire until it sticks together and rolls around in the saucepan like a ball. Then take it from the fire, beat thoroughly, and stand in a warm place (72° Fahr.) for a half-hour. Then add one egg unbeaten, and beat the mixture until smooth; then add another egg, and beat again, and so continue until you have added the four eggs; then beat the mixture for five minutes, cover, and stand to one side for another half-hour. Put one pound of lard or clarified dripping into a deep frying-pan, stand it on the fire to gradually heat. Put one cup of powdered sugar on a dinner plate, add to it one teaspoonful of ground cinnamon; mix. Now flour the baking-

board, put out a tablespoonful of the mixture, and roll very lightly. The mixture will be very soft, but a little practice will enable you to handle it without adding much flour. After rolling the mixture down to a quarter of an inch, cut with a round cutter, then take out a centre with a small cutter, lift carefully with a cake-turner, and slide into the hot fat. Fry brown on one side, turn and brown on the other. Take out, drain, then roll in the sugar and cinnamon.

These are very troublesome to make, but, when well done, are most delicious.

Points to be remembered :—

1. After adding the last egg, let the beating be rapid and continuous.

2. Have the fat *hot*, but not *smoking* hot.

3. Use very little extra flour in rolling out.

CEREALS

WHEAT

We begin with wheat, which, on account of its nutritive value, and the universality of its consumption, is placed at the head of all cereals. The whole wheat grain constitutes a perfect food. It consists of starch, gluten, sugar, gum, fatty matter, husk, water, and salts (potash, soda, lime, magnesia, phosphoric acid, etc.).

Wheat has several layers of bran coats. The outer coat, or true bran, contains silica and some other elements not found elsewhere in the grain, but is composed mostly of woody fibre. When flour is unbolted (the bran not separated), it is slightly increased in nutritive value, but at the expense of digestibility; consequently, bread containing bran should be rejected by persons of weak digestion.

Underneath the bran husk is a layer of rather darkish matter, the gluten cells surrounded by diffused gluten, containing the phosphates, other mineral matters, and the fatty matter, which are bound in by the true bran. This internal layer also contains cerealine. Beneath this are the cells which form the central mass, composed chiefly of starch, with a very little albumen and gluten. This part crumbles easily to a fine dust, and forms our fine white flour. By this division it is seen that the brain, bone, and muscle-

feeding elements lie just beneath the true bran, the heat and force-producing elements in the central mass.

Wheat grown in different climates and soils, in wet and dry seasons, contains different proportions of gluten. The gluten of wheat is a gray, elastic, tough substance. If you make a dough of flour and water, and work it on a cloth drawn over a sieve, under a stream of water, you wash away the starch, and have remaining this gray, elastic sheet, closely resembling a soiled chamois skin. Now dry it, and you have a substance glue-like in appearance, hence its name, "gluten." This gluten consists chiefly of vegetable fibrin. Flour-dealers and bakers determine the quality of flour by the gluten it contains—the more the the better. Good flour should furnish sufficient gluten to to enable the bread, after a thorough kneading, to swell three times its original bulk; while the flour containing little gluten is soft and sticky, and, even after long kneading, produces a soft, flat, and watery bread. Bread cannot be made from pure gluten.

The Health Food Company make a most delicious bread, which they call "gluten bread," but it also contains starch.

Macaroni and vermicelli are made from gluten pastes. Wheat grown in warm climates abounds most in gluten, consequently our best macaroni comes from Italy.

Whole wheat grains, under the name of "cracked wheat," are frequently and wisely used as an article of diet. This should be boiled in a double boiler until the envelope of the grain is burst open (about three or four hours, or over night, on the back part of the fire), then eaten warm with sugar, salt, and cream. (See Suitable Combinations of Food.)

FARINA

This is an excellent preparation, made from wheat, in a

form generally acceptable to delicate stomachs. As it contains nitrogenous matter, it is superior in nutritive value to corn-starch or arrowroot as food for children. It is also excellent food for adults. It may be used by those who find grits or cracked wheat too irritating.

RYE

This cereal ranks next to wheat in nutritive qualities. It contains more sugar and less gluten than wheat, consequently has more heat-producing and less muscle and brain-feeding elements. It contains more waste material, therefore it is more stimulating to the intestinal canal. It makes a good winter, but poor summer, bread.

BARLEY

This grain is used mostly for malting purposes. It is less nutritive than wheat, but is more easily digested, and produces a decoction well adapted to persons of weak digestion.

OATS

This grain is not used to any great extent as an article of diet for man in this conntry Oatmeal stands at the *head* of all other grains in point of flesh-producing, force-producing, and nutritive power, containing the largest proportion of nitrogenous matter, and furnishes the most material for hard work. The nitrogenous matter of oatmeal resembles casein (the nitrogenous matter of milk) more than gluten. It, like cracked wheat, should be boiled for hours, or it forms a most indigestible food for persons of sedentary habits.

CORN

This grain contains more heat-producing and fat-forming elements than wheat; consequently, corn meal is best adapted for a winter diet. It contains more than six times as much oil as wheat. It is not glutinous, and hence will

not make a dough or fermented bread unless mixed with a larger quantity of wheat flour. In consequence of the excess of oily matter contained in corn meal, it attracts much oxygen from the atmosphere, and is very prone to change; it will not keep long. This quality is also wonderfully shown in green corn. It changes and loses its flavor almost as soon as picked. It is very important that corn and corn-meal mush be well cooked.

HOMINY

This is Indian corn divested of its germ and outside skin, the grain being left nearly whole.

SAMP OR BREAKFAST HOMINY

Each grain is hulled and broken up into a number of small pieces.

HULLED CORN

This is corn soaked in an alkali to remove the hull. In this way much of the oil is lost, and it therefore makes a good summer food.

RICE

Rice is richest in starch, and most deficient in oil, of all the cereals. It is the most digestible of vegetable foods. Its nutritive value, however, is not equal to wheat, because it is chiefly starch.

BUCKWHEAT

This grain is inferior to wheat in nutritive value, containing more heat-producing food, and not half the muscle or brain-food. Eaten alone, therefore, it is valueless as food.

CRACKED WHEAT

1 quart of water 1 teaspoonful of salt
6 tablespoonfuls of cracked wheat

Mix the wheat, water, and salt together; put this in the farina boiler, and boil four hours, or over night, on the back part of the stove. Serve warm, with sugar and cream.

FARINA

Add one teaspoonful of salt to one quart of water or milk, and then sift in, slowly, sufficient Hecker's Farina to make a gruel. Stir and boil slowly for thirty minutes. Serve with sugar and cream.

RYE MUSH

1 quart of boiling water 1 teaspoonful of salt
5 heaping tablespoonfuls of rye meal

Sift the meal into the boiling water, stirring all the while; add the salt; stir until it boils again; cover, and cook slowly one hour. Serve with sugar and cream.

BOILED BARLEY

Wash the barley through several cold waters, then cover with cold water; bring quickly to a boil; boil five minutes; drain, cover with fresh boiling water, and boil slowly four hours.

OATMEAL

1 quart of boiling water 1 teaspoonful of salt
4 heaping tablespoonfuls of Akron or Irish oatmeal

Put the oatmeal, water, and salt, into a farina boiler; stir until the salt is dissolved, and, if you want it for breakfast, stand it on the back part of the fire over night. In the morning, stand it over a hot fire, and let it boil one hour without stirring. Then turn out carefully, so as not to break the grains. Serve with cream.

HULLED CORN (Mrs. Adams)

Put two handfuls of clean hard-wood ashes in two quarts of cold water; boil fifteen or twenty minutes; let stand until the ashes settle and the water is perfectly clear. To this cleansed water (it should be strong enough of the lye to feel a little slippery), add as much cold water as is necessary to cover the corn. Put the corn in the water; let it boil until the hulls begin to start, then skim the corn out into a pan of clear, cold water, and rub thoroughly with

the hands, to remove the hulls and cleanse the corn from the lye,—rub it through two or three, or even four, waters, that there may be no taste of lye; then put into clear water and boil until tender.

BOILED RICE

Wash one cup of rice. Put three quarts of boiling water into a kettle, add a teaspoonful of salt, and let it *boil rapidly;* sprinkle in the rice so gradually that you will not stop the boiling. When you have it all in, give the water a twirl with a fork, cover the kettle, and boil rapidly twenty minutes. Then pour into a colander to drain. Place the colander on a tin dish; stand it in the oven for five minutes, to dry, leaving the door wide open; then turn it carefully into a heated dish. Serve without a cover.

Points to be remembered:—*Boil rapidly* from the time you cover the kettle till you take it off. The rapid boiling allows each grain to swell three times its normal size, and the motion prevents the grains from sticking together. *Do not stir it,* as this will cause it to fall to the bottom of the kettle, and burn. The drying in the oven with the *door open* evaporates the moisture, leaving the rice soft, snowy white, and perfectly dry.

TO MAKE A RICE BORDER

Wash one cup of rice in cold water, and drain it. Put it in a saucepan with one quart of boiling stock. *Boil rapidly* for fifteen minutes, then stand it over a very moderate fire to steam (not boil) for twenty minutes longer; drain, season with salt and black pepper, and press into a well-buttered border mould. Then put it in the oven and bake fifteen minutes. Take out; place a dish on the mould; turn it upside down, and remove the mould.

The hollow space in the centre may be filled with a white or brown fricassee of chicken or a curry.

BOILED RICE Italian Style

Wash one cup of rice in cold water, and drain it. Have a three-quart kettle nearly full of boiling water; add to it a slice of bacon, a tablespoonful of grated Parmesan, and a pinch of saffron; add the rice gradually, and finish according to the recipe for Boiled Rice.

Remove the bacon before serving.

RICE CROQUETTES No. 1

1 pint of milk	½ cup of rice
Yolks of two eggs	2 large tablespoonfuls of sugar
½ teaspoonful of vanilla	¼ cup of raisins
¼ cup of currants	¼ cup of citron

Wash the rice and put it in a farina boiler with the milk, and boil until very thick; now add the yolks of the eggs, and the sugar; beat until smooth. Take from the fire, add the vanilla, and the fruit well floured. Turn out on a dish to cool. When cold, form in pyramids; dip first in beaten egg, then in bread crumbs, and fry in boiling oil or fat.

Put a small piece of currant jelly on the top of each croquette; dust the whole with powdered sugar, and serve with Vanilla Sauce.

This quantity will make twelve croquettes.

RICE CROQUETTES No. 2

1 quart of milk	1 cup of rice
Salt and white pepper to taste	1 tablespoonful of chopped parsley

Yolks of four eggs

Wash the rice and put it in a farina boiler with the milk; boil about one hour, or until very thick; then beat until smooth; add the yolks of the eggs, and cook ten minutes longer. Take from the fire; add the parsley and seasoning; mix well, turn out on a plate, and stand away until very cold. Then form into cylinders; dip first in beaten egg, then in bread crumbs, and fry in *boiling* oil or fat.

MACARONI

Macaroni, as an article of food, is rather more valuable than bread, as it contains a larger proportion of gluten. It is the bread of the Italian laborer. In this country, it is a sort of a luxury among the upper classes; but there is no good reason, considering its price, why it should not enter more extensively into the food of our working classes.

In selecting, choose that of a brownish color, rather than the pure white.

Spighetti is the most delicate form of macaroni that comes to this country.

MACARONI à l' ITALIENNE

¼ pound of macaroni ½ pint of milk
¼ pound of grated cheese Butter the size of a walnut
Salt and white pepper to taste

Break the macaroni in convenient lengths. Put it in a two-quart kettle and nearly fill the kettle with boiling water; add a teaspoonful of salt and boil rapidly twenty-five minutes; then drain; throw into cold water to blanch for ten minutes. Put the milk into a farina boiler; add to it the butter, then the macaroni and cheese; stir until thoroughly heated, add the salt and pepper, and serve.

BAKED MACARONI

¼ pound of macaroni ½ cup of cream
¼ pound of grated cheese 1 tablespoonful of butter
Salt and pepper

Break the macaroni in convenient lengths, put it in a two-quart kettle and nearly fill the kettle with boiling water; add a teaspoonful of salt, and boil rapidly twenty-five minutes (the rapid boiling prevents the macaroni from sticking together); drain in a colander; then throw into cold water to blanch for ten minutes; then drain again in the colander. Put a layer of the macaroni in the bottom of a baking-dish; then a layer of cheese, then a sprinkling of salt and pepper, then another layer of macaroni, and so continue until all is used, having the last layer macaroni. Cut the butter in small bits; distribute them evenly over the top; add the cream and bake until a golden brown (about twenty minutes) in a moderately quick oven. Serve in the dish in which it was baked.

CREAM MACARONI

(Mrs. S. W. R. Williams, of Philadelphia)

For a dish holding three pints, one-half pound of spighetti will be required. Have ready a kettle full of boiling salted water. Take the spighetti all up together, in the long sticks, without breaking. Hold the ends in the boiling water; in an instant it will go down into the water. Whirl it round and round with a fork to thoroughly separate it, then allow it to boil hard for twenty minutes. When done, put it in a colander, and pour cold water through it (this is called blanching). After it is drained, put it into the dish in which it is to be baked.

FOR THE CREAM GRAVY

Put one and one-half pints of milk on to boil in a double boiler. While it is boiling, stir smoothly together three

tablespoonfuls of flour and three scant tablespoonfuls of butter. When smooth, stir carefully into the boiling milk, and continue stirring for a few moments until it thickens. Then stir into it three tablespoonfuls of grated cheese. Parmesan is best, but any strong cheese will answer. Pour it over the macaroni in the dish, sprinkle a little more cheese over the top, and put in the oven to brown. The macaroni may be boiled and arranged in the dish; the cream gravy made, all but adding the cheese, and put in a covered saucepan in the bain-marie to keep hot; do not put them together until just as you are ready to put them into the oven, as the cream will curdle if allowed to stand on the macaroni. If you do not chance to have a silver baking-dish, fold a napkin cornerwise and over and over until it is the proper width for your dish, then fasten it around the dish; stand the dish in a pretty plate before sending it to the table.

MACARONI WITH TOMATO SAUCE

¼ pound of spighetti
1 tablespoonful of flour
1 large tablespoonful of butter
½ pint of stewed tomatoes
Salt and pepper to taste

Take a handful of the long sticks; put the ends into boiling salted water; as they soften, bend and coil the spighetti in the water without breaking it. Boil rapidly twenty minutes. When done, put it in a colander to drain, then stand the colander in a pan of cold water for fifteen minutes. Put the butter in a frying-pan to melt; add to it the flour; mix until smooth; then add the tomatoes (strained), and stir continually until it boils. Now carefully add the spighetti, let it boil up once, and serve without cutting.

MACARONI WITH CREAM SAUCE

Boil the macaroni as directed in the preceding recipe. When done, put it in a colander to drain. Then put into a heated dish, and pour over it Cream Sauce.

MACARONI CROQUETTES

6 ounces of macaroni
1 tablespoonful of butter
2 tablespoonfuls of grated cheese
½ pint of milk
2 tablespoonfuls of flour
Yolks of three eggs
Salt and pepper to taste

Break the macaroni in pieces about two inches long. Put it in a kettle nearly full of boiling water, and boil rapidly twenty-five minutes. When done, put it in a colander to drain, then into cold water for fifteen minutes; drain again, and then cut it in pieces a half-inch long. Put the milk on to boil. Rub the butter and flour together until smooth; stir into the milk when boiling, and stir continually until it thickens; then add the cheese and macaroni, salt, pepper, and the yolks of the eggs; cook one minute longer; then turn out on a plate to cool. When cold, form into cone-shaped croquettes; roll first in egg and then in bread crumbs, and fry in *boiling* fat. Serve with Cream Sauce.

PLAIN BOILED MACARONI

½ pound of macaroni
2 tablespoonfuls of flour
1 large tablespoonful of butter
Salt and pepper to taste

Break the macaroni in pieces about two inches long. Nearly fill a two-quart kettle with boiling water; add to it a teaspoonful of salt; throw in the macaroni, and boil rapidly thirty minutes. Then put it into a colander to drain; return it to the kettle, add a pint of boiling water; salt and pepper. Rub the butter and flour together until smooth; then stir it into the boiling macaroni, and stir continually until it thickens.

MACARONI WITH BROWN SAUCE

¼ pound of macaroni
1 quart of stock
2 tablespoonfuls of Parmesan
Salt and pepper to taste

Break the macaroni in pieces two inches long. Put the stock on to boil. When boiling, add the macaroni and boil rapidly for thirty minutes. When done, put it in a colander to drain. Put one tablespoonful of butter in a frying-pan; and, when brown, add one tablespoonful of flour; mix until smooth; then add a half-pint of stock and stir continually until it boils; add the cheese, then the macaroni, and let it boil up once. Season to taste, and serve.

MACARONI TIMBALE

6 ounces of cooked ham, chopped fine
4 tablespoonfuls of bread crumbs
1 tablespoonful of stock
1 egg
1 teaspoonful of mushroom catsup
1 teaspoonful of Worcestershire sauce
2 ounces of macaroni boiled and cut in pieces one inch long.

Mix the crumbs and meat well together; then add the stock, seasoning and sauces; mix, and add the egg, well beaten. Grease a plain pudding mould, and line it with the boiled macaroni; fill with the mixture, and press in compactly. Put the lid on the mould and fasten it. Then stand the mould in a kettle, with sufficient boiling water to about two-thirds cover it. Now put the lid on the kettle, and boil for one hour. When done, turn it from the mould, pour Cream Sauce around it, and serve.

CHEESE AND NOODLES

Cheese may be regarded as our most concentrated food. It contains almost twice as much nutriment as any other known substance. Being difficult of digestion, it should be taken only in small quantities. Old cheese, being in a state of decomposition, taken after a hearty meal, mingling with the contents of the stomach, will aid digestion by exciting fermentation.

Cooked or melted cheese forms a most valuable and nutritious food, and is much more easily digested than when eaten raw. Mattieu Williams says: "I regard it as the most important of all that I have to describe in connection with my subject—the 'Science of Cookery.' Its cookery is singularly neglected—is practically an unknown art—especially in this country; and all that is required to render it, next to bread, the staple food of Britons, is scientific cookery."

CHEESE SOUFFLÉ (Williams)

¼ pound of cheese
¼ teaspoonful of bi-carbonate of potash
1 saltspoon of white pepper
⅙ part of a nutmeg, grated
3 eggs
1 gill of milk
1 teaspoonful of flour of mustard
1 grain of cayenne
2 ounces of butter
2 tablespoonfuls baked flour

Chop the cheese; add the potash to the milk, then add the

cheese, mustard, pepper, cayenne and nutmeg; rub the butter and flour together and add that. Heat this carefully until the cheese is dissolved. Then beat the eggs, yolks and whites together, and add them to this solution of cheese, stirring the whole. Now take a shallow metal or earthenware dish or tray, that will bear heating, and put a little butter on it, and heat the butter until it frizzles. Then pour the mixture into the tray, and bake or fry until nearly solidified.

TOASTED CHEESE OR SCOTCH RARE-BIT

½ pound of rich cheese 4 slices of bread
Salt and cayenne to taste

Cut the cheese into very thin slices, spread it on a heated flat dish, and stand it over boiling water to melt. While this is melting, toast the bread, and butter it; place it on a hot dish, add the seasoning to the cheese, and spread it over the toast. Serve very hot.

WELSH RARE-BIT

2 cups of grated cheese ½ cup of milk
Yolks of two eggs Salt and cayenne to taste

Toast carefully square slices of bread with the crusts removed; while hot, butter them, and then plunge in a bowl of hot water. Place on a heated dish and stand in the oven to keep warm while you make the rare-bit. Put the milk into a porcelain-lined or granite saucepan; stand it over a moderate fire; when boiling hot, add the cheese; stir *continually* until the cheese is melted; add the salt, cayenne and yolks, and pour it over the toasted bread.

If the rare-bit is stringy and tough, it is the fault of the cheese not being rich enough to melt.

Old English dairy cheese makes the best Welsh rare-bit.

GOLDEN BUCK

2 cups of grated cheese
¼ teaspoonful of mustard
1 dash of cayenne
1 cup of milk
½ teaspoonful of salt
6 squares buttered toast
6 poached eggs

Put the milk on to boil in a porcelain or granite saucepan; add to it the cheese, mustard, salt and cayenne; stir constantly until the cheese is melted. Have ready the toast, pour enough of the cheese over each piece to cover it, put a poached egg carefully on the top of each piece, dust lightly with pepper and salt, and serve immediately.

CHEESE FINGERS

Roll out puff paste into a thin sheet; brush it over lightly with ice-water, cut into strips about five inches long and a half-inch wide; sprinkle over them grated cheese, put one strip over the other, lay on a greased tin sheet, and bake in a quick oven fifteen minutes.

CHEESE STRAWS

2 ounces of flour — A little cayenne
3 ounces of grated Parmesan — A little salt
Yolk of one egg

Mix the flour, cayenne, salt and cheese together, and moisten with the egg; work all into a smooth paste. Roll out on a board, one-eighth of an inch thick, five inches wide, and five inches long. Cut some of the paste in small rings, and some in strips of one-eighth of an inch wide. Place both on greased sheets and bake ten minutes in an oven (240° Fahr.) till a light brown. Put the straws through the rings like a bundle of sticks.

CHEESE RAMAKINS (Henderson)

4 tablespoonfuls of grated cheese	2 tablespoonfuls of butter
1 gill of milk	2 ounces of bread
Yolks of two eggs	⅓ teaspoonful of mustard
	Whites of three eggs

Cayenne and salt to taste.

Put the bread and milk on to boil. Stir and boil until smooth; then add the cheese and butter. Stir over the fire for one minute; take off, add seasoning and the yolks of the eggs. Beat the whites to a stiff froth, and stir them in carefully. Pour into a greased baking-dish, and bake fifteen minutes in a quick oven.

SCHMIER-KÄSE

This is made from clabbered milk. After taking the cream from the top of a pan of thick, sour milk, stand the pan on the back part of the range, and pour over it about three quarts of boiling water; then turn the whole into a bag to drain. Hang it in a cool place over night. When ready to use, mix and beat it until light; add salt, pepper and sufficient sweet cream to make it the proper consistency. Serve very cold. This is also called cottage-cheese.

CREAM CHEESE WITH NOODLES

Put two heaping tablespoonfuls of flour in a plate. Make a well in the center, put into it the yolks of two eggs and a quarter-teaspoonful of salt. Mix the flour gradually into the yolks. Work until the dough thus produced is perfectly free from stickiness; now roll it out into a *very* thin sheet, place it on a napkin, and hang in the air a minute to dry; then roll tightly and cut into fine noodles; shake out again to dry. When dry, cover with boiling water; add a teaspoonful of salt, and boil fifteen minutes. Drain, turn in a hot dish, and pour over a Welsh Rare-bit (page 364).

TO COOKS

On first going into a new family, make friends with the other servants, as they will acquaint you with the customs of the house. Be especially kind to the waitress or waiter, as from either you can find out how your dishes are received in the dining-room, and this will enable you to rectify many mistakes and learn the peculiar family tastes; that is, whether or not they like onion, cayenne, or much sugar, and many other small points that will greatly assist you, and, as you are not cooking to suit your own taste, but that of your employers, study well these small points. Give your whole time and attention to your work. Make the most simple dish appetizing and nutritious.

Save all materials left over from meals, as they will help to make a little side dish for to-morrow's breakfast or luncheon.

Have regular days for each kind of work. Keep everything in its proper place, which should be a convenient one, selected by yourself, and remember that no matter how great the hurry, it requires no more time to put things back in their proper places than to stand them down haphazard.

Study the draughts of your range. Keep in mind that a red top always indicates a cool oven. Close the damp-

ers, and this will throw the heat around the oven. Pull the dampers out only when you wish the heat or gas to escape into the chimney. "Fix" your fire as soon as breakfast is over. Open the draughts and dust damper, rake the fire well, until free from every particle of ashes; then open the top and brush the soot and the small pieces of coal, if any, from the top of the oven into the fire. See that the corners are free from ashes, and fill the fire-box even full with coal; that is, just to the tops of the fire-bricks, and close the dust damper. If you add more coal than this, you cut off the upper draught, and, of course, lose much heat. Now clean out the ashes, and carry them away. Dust the range or stove, and polish it while cool. A paint-brush makes a very nice brush for putting on the polish. Watch the fire carefully, allowing it to burn briskly until the blue flames appear on the surface, and then, if you are not going to use it immediately, open the top (the dampers being out), and thus keep it in good condition until wanted. Always take off the draughts as soon as you have finished a meal, thereby saving labor and fuel. The best ranges are ruined, and large quantities of coal are wasted daily by filling the ranges too full and leaving the draughts open to burn like a fiery furnace.

Use everything for its proper purpose. Do not strain the bouillon or soup through the finest napkin, when there are soup-strainers hanging in the kitchen.

Let your dress be simple and neat, your head perfectly smooth and tidy. A white linen cap, that can be washed every week, will keep the odors from your hair, and add to your tidy appearance. Keep yourself and kitchen as clean as possible; make no dirt, and thereby save yourself the trouble of constant cleaning. Never use your hands when a knife or a spoon will answer.

As every one likes variety, do not serve the same dish

twice in one week unless it be a vegetable ; nor do I like the way of serving certain dishes the same day every week,—for instance, beef on Monday, chicken on Tuesday, etc. In this way the family anticipate, and it spoils the true enjoyment of their meals.

Never give "things" out the alley gate unless you are told by the mistress to do so.

If your mistress finds fault, bear it patiently ; it is she, and not yourself, for whom you are working, and it is your whole duty to please her. One rude answer might cost you a good situation. Receive your orders attentively. If you cannot rely upon your memory, have a slate and write them down. This slate will also answer for memorandums of things wanted.

Visit the cellar every morning. See if the meat and poultry are keeping properly. Look at the stock. In fact, examine all the eatables to see if they require cooking.

Clean your refrigerator twice a week, if it has a metal lining ; if a "Ridgway," once a week is quite sufficient.

Be scrupulously particular about the care of food and utensils. Dry your saucepans before putting them away, that they may not rust. Wash all knives and forks, without wetting the handles, quickly after using them. If you use copper utensils, see that the tin lining does not become worn off ; if it does, have it instantly repaired.

Throw jelly-bags, pudding-cloths, and strainer-cloths into clear warm water immediately after using them. As soon as you have leisure, wash them through several waters ; if they are greasy, use borax ; scald them, rinse well, and hang to dry. When *thoroughly* dry, fold neatly and put away in their proper places.

Always keep a brush for your sink, another for the baking-boards and other clean purposes, another small one for pots and pans. Pour boiling soda-water down your

sink every morning; this prevents the drain from being clogged with grease. Never drain onion or cabbage water down the kitchen sink, as in that way the house is permeated with the odor.

If a dinner-party is in prospect, ask early for the bill of fare, and prepare as many dishes as possible the day before, to avoid confusion on the fixed day.

Be just and honest; do as you would be done by; remember that you occupy the chief position among the servants of the household, a position upon which the health and happiness of the family depend, and you will always be worthy of the greatest respect. You may be sure of success and a good home.

PASTRY AND PIES

To make a light, crisp, and flaky crust, use a good, fine flour and none but the best butter. Have everything, including yourself, cool. A marble slab makes the best pastry-board. Use a glass rolling-pin, if convenient; if not, one made from hard wood with movable handles. Always use ice or very cold water in mixing, and keep the paste in a cold place. Plain paste is improved by keeping it on the ice before using it. Puff paste may be kept four or five days. If you should stand your paste outside in cold weather, to cool, be careful that it does not freeze, as this spoils its lightness. No matter how light your paste may be, the substance of each stratum is dense and hard of digestion, and should never be eaten by persons of weak digestive powers.

PUFF PASTE

"If 'twere done when 'tis done,
Then 'twere well 'twere done quickly."—MACBETH.

1 pound of sifted flour
1 pound of good butter
1 teaspoonful of salt
1 teaspoonful of sugar
White of one egg
A cup or more of ice-water

Scald a large bowl, then fill it with cold water, and let stand until the bowl is cold. Wash the hands in hot soapsuds, then rinse them in cold water, but do not dry them. This prevents the butter from sticking to the hands and bowl.

Turn the water out of the bowl, and nearly fill it with ice-water, put the butter into it, and wash by working it with the hands under the water until it becomes soft and elastic; then pat it into a cake, and put it on the ice until wanted. Put the flour on a marble slab or a very large meat plate, make a well in the centre of it, and put into this well a lump of the washed butter the size of an egg, the white of the egg, sugar, and salt. Now work this with the thumb and two fingers to a paste, add gradually the ice-water, and gradually work in the flour. When all is worked in, knead as you would bread for five minutes, then cut the paste into halves, roll out each half into a sheet, quickly break the butter into bits, and lay it over one sheet; dredge it thickly with flour, cover with the other sheet, pound lightly with the rolling-pin; roll *from you*, into a long, thin sheet; now fold in first the sides, then the ends; turn the paste around so that the fold will run to and from you. Now roll *from you* again, fold as before, place it on a tin pie dish, and stand it away on the ice for fifteen minutes, then roll and fold twice again, and again stand on the ice. Do this until you have rolled it eight times. Let it stand on the ice over night, and it is ready for use.

If then rolled in a napkin, and put in a cold, dry place, it will keep nicely for one week.

It is almost impossible for any one to make good puff paste from a recipe without first seeing it made.

TO BAKE PUFF PASTE.

The most important part of all is the oven, for if you have used the best materials, have mixed them as directed, and then put the paste in an oven not properly heated, you have wasted both materials and labor. The paste should be icy cold when it is put into the oven, and the oven should be very hot (460° Fahr.).

For patties, the oven should have a strong under-heat, allowing them to rise their full height before browning. Then put them on the grate to brown. If the oven should be too hot, and the paste begins to brown as soon as it is put in the oven, quickly open the draughts of the stove and stand a small basin of ice-water in the oven. This will immediately reduce the temperature.

PLAIN PASTE WITH BUTTER

3 cups of sifted flour — 1 cup or a half-pound of butter
1 teaspoonful of salt — 1 teaspoonful of sugar
Nearly a cup of ice-water

Have everything as cold as possible. In warm weather, stand the butter and flour in the refrigerator several hours before using them. Sift the flour, measure, and put into a large mixing-bowl; add the salt and sugar; then place the butter in the centre of the flour, and with a sharp knife cut it quickly into small pieces, at the same time mixing it with the flour; now add the ice-water gradually, lifting with the knife that portion which you have moistened first, and pushing it to one side of the bowl, wet another portion, and so continue until all is moistened. Then cut and mix it together until you can lift it from the bowl with the knife. (A word of caution: add the water very carefully, wetting only the dry flour, never stirring twice in the same place.) Dredge the baking-board lightly with flour, turn the paste out on this, dredge with flour, and roll lightly and quickly *from you* into a long, thin sheet. Fold first the sides and then the ends, turn the paste around and roll from you again, as before; fold and roll again; then fold and stand on the ice until wanted.

To have this paste a perfect success, the materials should be very cold, mixed and rolled quickly, using as little flour as possible in finishing.

PLAIN PASTE WITH LARD

Many housekeepers always use lard instead of butter for pastry, simply because it is cheaper; but, as it makes a greasy and brittle crust, there is no doubt that it is more indigestible than the light, flaky, and tender crust made from good, sweet butter. For the benefit of those who use lard the following recipe is given:

1 quart of sifted flour
1 cup of lard
1 teaspoonful of salt
Nearly a cup of ice-water

Make and roll precisely the same as Plain Paste with Butter.

PLAIN PASTE HALF AND HALF

1 quart of sifted flour
½ cup of lard (¼ lb)
½ cup of butter (¼ lb)
1 teaspoonful of salt
Nearly a cup of ice-water

Wash the butter as directed in recipe for Puff Paste; put it on the ice until wanted. Put the flour into a mixing-bowl, add the salt, mix, and with the hands quickly rub into it the lard; add the water gradually, moistening as directed in Plain Paste with Butter. Dredge the baking-board lightly with flour, turn the paste out on this, and roll *from you* into a long, thin sheet. Now take the butter from the ice, break it quickly into small bits and place them over the paste; dredge quickly with flour, fold in the sides, then the ends; turn so that the last fold will run to and from you, and roll *from you* again. *Never roll but the one way.* Now fold the same as before, and roll out again; do this four times. Stand it on the ice, or in a cold place, for one hour, and it is ready for use.

It may be kept two or three days in a cold place.

SUET PASTE

1 pound of flour
6 ounces of beef's suet
1 cup of ice-water
1 teaspoonful of salt

Remove the fibre from the suet, and chop it very fine; add gradually the flour; then add the salt; mix with a knife, and add gradually the water—more or less, as the flour requires—roll out, and it is ready for use.

This paste is nice for apple dumplings and meat pies.

POTATO PASTE

2 cups of mashed potatoes (hot)
½ cup of cream
1 tablespoonful of butter
Salt to taste

Beat the potatoes until light; add the butter, cream and salt, and beat again; then add sufficient flour to make a soft dough; handle as lightly as possible, roll out, and it is ready to use.

This is nice for meat or potato pies, or apple dumplings.

APPLE PIE

3 large greenings or other tart apples
¼ cup of sugar
2 tablespoonfuls of water
1 tablespoonful of butter

Pare and slice the apples. Line a tin pie dish with good, plain paste; fill it with the sliced apples, strew over the sugar; add water, butter cut into bits, and—if you like it—a quarter-teaspoonful of cinnamon. Now roll out a piece of paste a little larger than the top of the pie, make a gash in the centre of it; wet the rim of the lower crust with cold water; put the upper crust on, press the edges together, and bake in a quick oven (400° Fahr.) for a half-hour.

APPLE TART

Pare, quarter and core any kind of tart apples. Line pie dishes with plain paste; then put in a layer of the quarters, sprinkle with two tablespoonfuls of sugar and a teaspoonful of cinnamon; add two tablespoonfuls of water and one ounce of butter cut into bits and placed here and there over the apples. Bake in a quick oven until the apples are tender.

Peach tarts may be made in the same manner, omitting the cinnamon and dividing the peaches in halves.

CHEESE CAKE

1½ cups of cottage cheese
2 tablespoonfuls of cream
½ cup of sugar
3 eggs
Juice and rind of a lemon or one teaspoonful of vanilla
1 teaspoonful melted butter

Press the cheese through a colander, beat the eggs until light, add them with all the other ingredients to the cheese; beat until smooth. Line a deep pie dish with plain paste, fill with this mixture, and bake in a quick oven for thirty minutes.

The quantities given will make only one pie.

CHERRY PIE

The common red or morella cherries make the best pies. Stone the cherries. Line deep pie dishes with good plain paste, fill them nearly full of stoned cherries, sprinkle over four large tablespoonfuls of sugar, and dredge this lightly with flour; cover with the upper crust, rolled out as thin as possible, trim the edges neatly with a sharp knife. Make a vent in the centre; press the edges tightly together so that the juices of the fruit may not run out while baking. Serve the same day they are baked, or the under crust will be heavy.

COCOANUT CUSTARD

1 pint of milk ½ cup of sugar
2 eggs ½ of a nutmeg, grated
1 cup of grated cocoanut

Beat the eggs and sugar together until light, then add the milk, nutmeg, and cocoanut. Line two pie dishes with plain paste, fill them with this mixture, and bake in a quick oven for thirty minutes.

CRANBERRY PIE No. 1

Line a pie dish with plain paste, then fill it with uncooked cranberries; add a half-cup of molasses, and four tablespoonfuls of sugar, cover with an upper crust, and bake in a quick oven for thirty minutes. GOOD.

CRANBERRY PIE No. 2

Line a pie dish with plain paste, then fill with stewed cranberries; cover with an upper crust, and bake in a quick oven for thirty minutes.

CRANBERRY TARTS

Fill patty or plain shells with stewed cranberries.

CREAM PIE

1 pint of milk
1 heaping tablespoonful of corn-starch
Whites of four eggs
½ cup of sugar
A piece of butter the size of a walnut
Juice and rind of one lemon or a teaspoonful of vanilla

Line three pie dishes with plain paste; bake in a quick oven fifteen or twenty minutes. When done, take from the oven and stand aside until wanted. Put the milk on to boil in a farina boiler. Moisten the corn-starch with a

little cold milk, stir it into the boiling milk and stir *continually* until it thickens, then add the sugar. Beat the whites of the eggs to a stiff froth, stir them carefully into the boiling mixture, take from the fire and add the flavoring. Fill the shells of baked paste with this mixture, and put in the oven until a nice brown.

Serve very cold.

GENERAL SATISFACTION

Line a pie dish with puff paste. Wet the edge of the paste around the pie dish with a little cold water. Cut the trimmings left, into strips about a half-inch wide and put these around the edge of the dish so as to form two or three layers of paste. Put a layer of preserves in the bottom of the dish, then a layer of stale cake broken into small pieces. Moisten one tablespoonful of flour gradually with one gill of milk; beat until smooth; stir over the fire until it boils and thickens; add one ounce of butter, a teaspoonful of vanilla, and stand away to cool. When cold, add the well-beaten yolk of one egg and sugar to taste. Pour this over the layer of cake, and bake in a quick oven for twenty-five minutes, or until the paste is thoroughly done. Then beat the whites of three eggs to a very stiff froth with two tablespoonfuls of powdered sugar, place them by spoonfuls over the top of the pie, and place again in the oven for a few minutes to brown.

GREEN GOOSEBERRY PIE

Top and tail the gooseberries. For one quart of gooseberries, line two deep pie dishes with good plain paste; fill with the gooseberries, add nearly one cup of sugar to each pie, cover with an upper crust, and bake in a quick oven forty minutes.

RIPE GOOSEBERRY PIE

Make the same as Green Gooseberry Pie, using one-third less sugar.

HUCKLEBERRY PIE

Make the same as Cherry Pie, using two large tablespoonfuls of sugar instead of four.

Blackberry, raspberry, plum, and strawberry pies are made in the same manner.

LEMON CUSTARD

1 cup of sugar
3 eggs
1 cup of milk
1 tablespoonful of flour
2 tablespoonfuls of powdered sugar
Juice and rind of one lemon

Beat the cup of sugar and yolks of eggs together, add the juice and rind of the lemon. Put the flour into a cup, and add the milk very gradually, stirring all the while, then pour it through a sieve into the eggs and sugar. Line a deep pie plate with puff paste, pour in the mixture, and bake in a quick oven thirty minutes. Add gradually three tablespoonfuls of powdered sugar to the whites of the eggs, beating all the while; when it is all in, beat until stiff and glossy, then place over the top of the pie by spoonfuls, and put back in the oven to brown.

GRANDMOTHER'S LEMON CUSTARD

1 pound of powdered sugar
¼ pound of butter
Yolks of six eggs
Whites of four eggs
Juice and rind of three lemons

Beat the yolks and sugar to a cream, then add the whites unbeaten, one at a time, and beat the whole until very light. Beat the butter to a cream, and add the other mixture gradually to it; now stand the bowl in a basin of boiling water over the fire and stir *continually* until the mixture thickens; take from the fire, and stand away to cool. Line

two deep pie dishes with good plain paste, and bake in a quick oven for fifteen minutes. When done, take out and fill with the lemon mixture. Add gradually six tablespoonfuls of powdered sugar to the whites of six eggs, beating all the while; after you have added all the sugar, beat until very stiff and glossy; put this meringue over the top of the pie and stand it in the oven until a golden brown.

LEMON PIE

1 cup of sugar
2 tablespoonfuls of flour
1 egg
1 cup of water
Juice and rind of one large lemon
1 soda cracker

Beat the sugar and egg together, then add the water, then the cracker rolled, then the juice and rind of the lemon. Moisten the flour with just a little cold water, and stir it into the other mixture. Line two pie dishes with plain paste, pour in the mixture, cover with an upper crust, and bake in a quick oven for thirty minutes.

MARLBOROUGH PIE

6 medium-sized apples
3 eggs
1 cup of sugar
1 tablespoonful of butter (1 oz.)
Juice and rind of one lemon
1 cup of cream
2 tablespoonfuls of sherry, if you use wine

Steam the apples until tender, then press them through a sieve, and add to them, while hot, the butter; let stand until cool. When cold, add the yolks of the eggs well beaten, the juice and rind of the lemon, the sugar, cream and sherry. Line two deep pie dishes with plain paste, fill them with this mixture, and bake in a quick oven for thirty minutes. Beat the whites of the eggs to a stiff froth, adding to them gradually two tablespoonfuls of powdered sugar, then heap over the top of the pies, and return them to the oven until a light brown.

MINCE MEAT

2 pounds of beef (sticking piece best)
2 pounds of layer raisins
2 pounds of currants, picked, washed, and dried
1 pound of citron
2 nutmegs, grated
¼ ounce of cloves
1 quart of sherry or good home-made currant wine
2 pounds of beef's suet
½ pound of candied lemon peel
4 pounds of apples
2 pounds of Sultana raisins
2 pounds of sugar
½ ounce of cinnamon
¼ ounce of mace
1 teaspoonful of salt
1 quart of good brandy
Juice and rind of two oranges
Juice and rind of two lemons

Cover the meat with boiling water and *simmer* gently until tender, then stand away until cold. Shred the suet and chop it fine. Pare, core and chop the apples. Stone the raisins. Shred the citron. When the meat is perfectly cold, chop it fine, and mix all the dry ingredients with it; then add the juice and rinds of the lemons and oranges, mix well, and pack in a stone jar; pour over the brandy and wine, cover closely and stand in a cool place. Mince meat made by this recipe will keep all winter. When ready to use, dip out the quantity desired, and thin with cider or wine.

One word here about cleaning the currants. First put them into a large bowl, and to every pound add a half-cup of flour; mix the flour thoroughly through the currants, and then rub them between the hands until all the stems are rubbed off; put them in a colander, and pour over endless quantities of cold water until all the twigs, gravel stones and sand are washed off; now scald them, then wash again in cold water, drain, spread them on pie dishes, and stand in a cool oven, with the door open, to dry.

Fresh beef's tongue or heart may be boiled, chopped, and used instead of beef, if preferred.

MIRLITONS

1 pint of milk
1 tablespoonful of grated chocolate
6 macaroons
1 tablespoonful of sugar
Yolks of three eggs
1 teaspoonful of vanilla

Pound the macaroons and press them through a colander, add them and the chocolate to the milk; let stand ten minutes. Now add the yolks, well beaten, sugar and vanilla. Line patty-pans with puff paste, fill with this mixture, and bake in a quick oven twenty minutes.

MOCK MINCE PIE

1 cup of raisins, chopped fine
1 egg
1 tablespoonful of vinegar
½ cup of washed currants
¼ teaspoonful of salt
⅔ of a cup of molasses
½ cup of cider
2 Boston crackers
½ cup of sugar
½ cup of cut citron
Juice and rind of one lemon

Roll the crackers and mix them with the fruit; add salt, beaten eggs, molasses, cider, vinegar, sugar, lemon and spice to taste. Mix all well together, and finish the same as Apple Pie.

MOLASSES PIE

9 tablespoonfuls of molasses
6 tablespoonfuls of vinegar
1½ tablespoonfuls of flour
½ teaspoonful of cinnamon
¼ of a nutmeg, grated
A piece of butter the size of a walnut

Moisten the flour with the vinegar, add it to the molasses; mix until smooth, then add the spices, and the butter, melted. Line a deep pie dish with plain paste, fill with this mixture, and bake in a quick oven for thirty minutes.

PAGANINI TARTLETS

Line patty-pans with puff paste, and bake them fifteen minutes in a quick oven. When done, take them out, put a half-teaspoonful of orange marmalade on each patty, cover with a meringue, and put back in the oven a few minutes to brown.

PEACH MERINGUE

Pare and stew one dozen peaches, and press through a colander to remove the stones. Line two deep pie dishes with plain paste; sweeten the peaches to taste; fill the dishes even full, and bake in a quick oven twenty-five minutes. Then beat the whites of six eggs and six tablespoonfuls of powdered sugar to a stiff froth, add a teaspoonful of vanilla. Cover the pies with this meringue about three-quarters of an inch thick, and put back in the oven until a nice brown.

Apple meringue is made in the same way.

PEACH PIE

Line pie dishes with good plain paste. Pare, cut the peaches in halves, and take out the stones, then lay them in the dishes, sprinkle lightly with sugar, add a quarter-cup of water, cover with an upper crust, and bake in a quick oven for thirty minutes; or the peaches may be thoroughly rubbed without paring, slightly mashed and baked without stoning.

SWEET POTATO CUSTARD

2 good-sized sweet potatoes
3 eggs
A piece of butter the size of a walnut
1 cup of milk
½ cup of sugar
2 tablespoonfuls of brandy, if you use liquor
1 teaspoonful of cinnamon

Wash the potatoes and parboil them, then stand away until quite cold. When cold, peel and grate them. Beat the

butter, sugar, and the yolks of the eggs until very light, add the potatoes by degrees, stirring all the while, then add all the other ingredients. Line a deep pie dish with plain paste, fill it with this mixture, and bake for thirty minutes. Then beat the whites of the eggs to a stiff froth, with two tablespoonfuls of powdered sugar, heap this over the top of the pie, and put back in the oven until a light brown.

WHITE POTATO CUSTARD

1 pound of sugar — Juice and rind of two lemons
1 pint of milk — 6 eggs
1 tablespoonful of butter (one ounce)

Beat the eggs all together until light, then add the sugar and butter; beat again. Pare the potatoes and grate them into the milk, then add these to the eggs and sugar, add the juice and rind of the lemons, and it is ready for use.

PUMPKIN PIE

Pare and cut the pumpkin in pieces about one inch square; put them into a stewing-pan with just enough water to keep them from burning; stew slowly until tender (about a half-hour), then press through a colander. To every half-pint of pumpkin, add a piece of butter the size of a walnut, and a quarter-teaspoonful of salt; mix, and let stand until cold. When cold, put one pint of this pumpkin into a large bowl, add to it one pint of milk, a half-teaspoonful of ground mace, the same of ground cinnamon, and one teaspoonful of ground ginger; mix all well together, and sweeten to taste. Beat four eggs until light, then add them to the mixture. Line four deep pie plates with good plain paste, fill with this mixture, and bake in a quick oven (400° Fahr.) for about thirty minutes.

The Kershaw pumpkin is best for pies.

If you use liquor, a gill of brandy may be added to the recipe given.

RHUBARB PIE

Line deep pie dishes with good plain paste. Wash the tender stalks of rhubarb, but do not peel; cut them into thin slices, fill the dishes even full, and to each pie add five heaping tablespoonfuls of sugar. Cover the pie with an upper crust, press the edges tightly together, and pick the upper crust here and there with a fork to allow the escape of steam. Bake in a moderately quick oven for forty minutes.

RICHMOND MAIDS OF HONOR

1 cup of sour milk
1 cup of sweet milk
½ cup of sugar
1 teaspoonful of vanilla
3 eggs
¼ teaspoonful of salt
2 tablespoonfuls of powdered sugar

Put the sour and sweet milk on to boil in a farina boiler, and boil until it curds; then strain and press it through a sieve, add to it the yolks of the eggs, the sugar and vanilla. Beat until very smooth. Line little patty pans with puff paste rolled very thin. Fill a little more than half full of the mixture, and bake in a quick oven twenty minutes. Beat the whites of the eggs to a stiff froth, add to them the powdered sugar, heap some on the top of each patty, and put in the oven for a minute to brown. Do not remove from the pans until cold.

It is said that the original recipe for these was furnished by a maid of Queen Elizabeth, at her palace at Richmond, England.

WASHINGTON PIES

1 tablespoonful of butter
1 cup of sugar
1 egg
½ cup of milk
2 cups of flour
1 tablespoonful of ginger
1 teaspoonful of cinnamon

Beat the egg, sugar, and butter together until light, then

add the milk, ginger, cinnamon, flour, and a half-teaspoonful of baking-powder; beat thoroughly until smooth. Line two Washington pie plates with plain paste, put the mixture into them, and bake in a moderately quick oven for thirty minutes. When done, ice with a clear icing, and stand away to cool.

VOL-AU-VENT

A vol-au-vent is very difficult to make, even by the most experienced cook, and cannot be made perfectly without first taking a lesson. For those who wish to try it, the following recipe is given:—

Make puff paste as directed, and stand it on the ice over night. The next morning, roll it out an inch in thickness; turn a basin the shape of the dish in which you wish to serve the vol-au-vent upside down on the paste, and with a sharp knife cut around the basin; remove the basin, and place another basin of a smaller size and same shape on the paste; Now cut around this basin only halfway through the paste, leaving about an inch and a half around the edge; now brush the vol-au-vent all over the top with a beaten egg, being very careful not to touch the sides. Put it on a tin or iron sheet, stand again on the ice until very cold; then put it into a very hot oven to bake for thirty-five minutes. Be careful not to scorch, as it burns quickly. When done, carefully remove the piece marked out with a sharp knife, lay it aside for the cover. Scoop out all the unbaked portion from the inside, put the vol-au-vent back in the oven to dry. When ready to serve, if filled with the White Fricassee of Chicken, it is then Vol-au-Vent of Chicken. For Vol-au-Vent of Oysters, fill with Creamed Oysters; Lobster, with Creamed Lobster, etc.

PÂTÉ de FOIES GRAS

These are usually made in French pie moulds, holding about two quarts, requiring a large quantity of materials, and costing from five to six dollars; but they can be so simplified that any housekeeper can make them for one-half the above cost, and will be so pleased with results that she will enter them at once on her weekly bills of fare.

The rule for plain paste
¼ pound of calf's liver
1 slice of bacon or quarter of a pound of ham
½ pound of veal
1 Terrine de Foies Gras aux Truffes du Perigord, Strasbourg
½ pint of mushrooms
Salt and pepper

Remove the fat from the top of the foies gras, take them from the pot and mash, adding about a tablespoonful of the fat you have taken off. Chop the veal *very* fine. Scald the liver, dry it with a towel, and chop it also very fine. Cut the bacon or ham into dice. Line an ordinary tin one-quart basin about two inches deep with a sheet of the plain paste. In the bottom put a layer of veal, next a layer of fois gras, next a layer of mushrooms, chopped, then a layer of liver, then a sprinkling of ham, pepper and salt, and so on until the materials are used. Roll out another piece of paste for the top cover, make an opening in the centre, place it over the top, and press the edges of the upper and the under crust firmly together. With a sharp knife cut a few leaves from the trimmings of the paste, arrange them tastefully in the centre of the top crust. Place it in a quick oven, and bake one hour; as soon as the top crust is a nice brown, cover it with a sheet of writing-paper to prevent its burning. When done, carefully lift it from the basin, place it on a folded napkin, and serve.

OYSTER PATTIES

1 batch of puff paste
1 pint of milk or cream
1 tablespoonful of corn-starch
25 nice fat oysters
1 tablespoonful of butter
Salt and pepper to taste

Roll out the puff paste about an inch thick. Then, with a round tin cutter, cut out a patty, and lay it on a greased tin sheet. Brush it lightly over the top with the beaten yolk of an egg, being *careful* not to allow any of the yolk to run down the sides, as it cements the edges together and prevents it from being light; then take a cutter, two sizes smaller, and press it in the centre and *nearly* through the patty, and so on until you have the whole cut. Now put them on the ice for a half-hour, or until the oven is very hot (400° Fahr.). Then bake about twenty minutes, or until a nice brown. The inside cut acts as a non-conductor, and prevents the heat from reaching the centre, consequently all the paste inside this ring should be unbaked. Now remove the lid crust *carefully*, and save it for the lid of the patty. Take out this unbaked portion with a spoon. Put the patties back in the oven for ten minutes; leave the door open, as they only want a little drying. Now put the oysters on to boil, in their own liquor; as soon as they boil, drain them. Put the milk or cream on to boil in a farina boiler. Rub the butter and corn-starch together until smooth, and add to the boiling milk or cream; stir until it boils, add salt and pepper, and last, the oysters; let boil up again, and take from the fire.

TO FILL THE PATTIES

Put two oysters and a little sauce in each one, put on the lid, and serve.

For what to do with the unbaked paste, see remarks "What to Save, and How to Use It."

PUDDINGS AND DESSERTS

HOT PUDDINGS

AMBER PUDDING

Four eggs, their weight in butter, sugar and rice flour, juice and rind of one lemon. Beat the butter to a cream, then add gradually the sugar. Beat the eggs, without separating, until very light; then add them gradually to the other mixture, beating all the while; then add the flour and beat until smooth. Butter a plain pudding mould, with a cover; pour the pudding into it, stand it in a pot of boiling water, and boil continuously for two hours. Serve hot, with Brandy Sauce.

BATTER PUDDING

1 quart of milk	1 teaspoonful of salt
1 cup of flour	6 eggs

Add the salt to the flour and sift it. Beat the eggs, yolks and whites together, until creamy: add to the milk. Add this gradually to the flour, beating all the while. Now strain through a sieve, to remove any lumps of flour that may be in it. Pour into a greased pudding mould, put on the cover, and stand the mould in a pot of boiling water. Boil continuously for two hours. Do not move the pot, or jar the stove, or the pudding will fall. If necessary to add

more water to the pot while boiling the pudding, be sure to add boiling water, so as not to check the boiling for a moment, or this will also make it heavy. When done, lift the mould gently from the boiling water, remove the cover, put a round dish on top of the mould; now turn the mould upside down, and gently remove it, leaving the pudding on the dish. Serve with Fairy Butter.

BATTER PUDDING WITH CHERRIES

1 pint of milk
3½ cups of flour
3 eggs
½ teaspoonful of salt
1 tablespoonful of melted butter
2 heaping teaspoonfuls of baking-powder
1 pint of stoned cherries

Beat the eggs, whites and yolks together, until light; then add the milk, then the flour, and beat until smooth; then add the butter melted, salt and baking-powder. Drain the cherries, dredge them with flour, stir them into the pudding, and turn into a greased pudding mould. Cover, stand in a pot of boiling water, and boil continuously for three hours. If the water evaporates in the pot, replenish with boiling water. Serve with Fairy Butter.

BLACKBERRY PUDDING

Make same as Batter Pudding with Cherries, using a pint of blackberries instead of a pint of cherries.

Strawberry, huckleberry, and raspberry puddings may be made in the same way.

BIRD'S-NEST PUDDING (HOT)

Pare and core six *tart* apples; then put them in the bottom of a buttered baking-dish. Mix one pint of thick, sour cream with two and a half cups of flour, until smooth; then add a half-teaspoonful of soda, dissolved in a tablespoonful of boiling water; mix again, pour over the apples, and bake in a moderate oven one hour. Serve hot, with Hard Sauce.

BABA PUDDING

½ pound of butter
12 ounces of flour
½ yeast cake or a half-cup of yeast
4 eggs
½ cup of raisins
½ pound of mixed candied French fruit
½ cup of chopped citron

Add to the yeast, or the half-cake dissolved in a quarter-cup of lukewarm water, sufficient flour to make a soft dough; make this into a biscuit, cut a cross on the top, and put it into a bowl of lukewarm water; as soon as it floats, take it out, and it is ready to use—this will take about ten minutes. Beat the butter to a cream, add to it the eggs well beaten, and then the flour; mix well, then add the biscuit, and knead with the hands until very light. Now raise the dough and throw it on the board with force; repeat this until it leaves your hand without sticking to it. Now add the raisins and citron, knead until thoroughly mixed, put into a greased Turk's head, and stand in warm place (72° Fahr.), for two hours and a half, to rise. When light, put on the ice or in a cold place for twenty minutes. Now bake in a quick oven for about three-quarters of an hour. Chop the candied fruit, put it into a saucepan with a half-cup of sugar and a half-cup of boiling water, let boil five minutes; take from the fire, add a teaspoonful of caramel, and, if you use it, a tablespoonful of brandy. When the pudding is done, turn it from the mould, fill the hole in the centre with candied fruit, and serve with Brandy Sauce.

CABINET PUDDING

1 quart of broken stale cake or bread
¼ teaspoonful of salt
3 eggs
1½ pints of milk
1 teaspoonful of vanilla

Beat the eggs, whites and yolks together, until light; add the milk, and, if you use cake, two tablespoonfuls of sugar; if bread, a half-cup of sugar. Grease a pudding mould,

sprinkle the bottom with raisins, then put in a layer of cake or bread, then a sprinkling of raisins, and so on until the cake or bread is all used. Add the vanilla and salt to the milk and egg, pour it into the mould; it should just cover the bread or cake. Put on the lid of the mould and let it stand fifteen minutes; then place in a pot of boiling water, and boil continuously for one hour. Turn it carefully out of the mould. Serve hot, with Lemon Sauce.

COUSIN CAROLINE'S PUDDING

1 cup of molasses
½ cup of melted butter
3½ cups of flour
½ teaspoonful of baking-soda
1 cup of milk
½ cup of wine
1 teaspoonful of cinnamon
½ teaspoonful of cloves
1 nutmeg, grated
1 pinch of salt

Dissolve the baking-soda in a tablespoonful of boiling water, then stir it in the molasses; add the butter melted, then the milk and flour; beat all until smooth; then add the spice, salt and wine; pour it into a two-quart mould, well-greased, or a floured pudding-bag, allowing it plenty of room to swell, and put into a pot of boiling water to boil continuously for three hours. Serve hot, with Foamy Sauce.

COTTAGE PUDDING

1 tablespoonful of butter
1 cup of sugar
½ cup of milk
2 eggs
1 large teaspoonful of baking-powder
1½ cups of flour

Beat the butter, sugar and yolks of the eggs together until light; add the milk and then the flour. Beat well. Now beat the whites of the eggs to a stiff froth, and stir them carefully into the pudding; add the baking-powder, and mix well; pour into a greased cake pan and bake in a moderate oven for three-quarters of an hour. Serve hot, with Lemon Sauce.

BAKED INDIAN PUDDING

(Mrs. E. C. Walraven, Philadelphia)

Into a quart of boiling milk stir gradually three gills of yellow Indian meal, a half-pint of molasses and a teaspoonful of salt. Scald thoroughly and add two tablespoonfuls of powdered ginger. Into a buttered *earthen* pan pour a quart of cold milk, and add a half-pound of chopped beef's suet; into this pour the scalded Indian meal, stir well, and bake in a moderate oven five hours. Serve with Hard Sauce.

STEAMED INDIAN PUDDING

¼ pound of beef's suet
Small piece of stick cinnamon
Grated rind of one lemon
1 pint of Indian meal
1 pint of milk
3 eggs
1 gill of molasses

Chop the suet very fine and mix it with the Indian meal. Put the cinnamon in the milk, then put it in a farina boiler to scald, strain it while hot, and stir in gradually the Indian meal and suet; add the molasses, cover the mixture, and let it stand over night. In the morning beat the eggs, without separating, until very light, stir them into the pudding, turn into a greased mould or a well-floured pudding-bag, leaving plenty of room for it to swell. If in a mould, put on the cover; if in a bag, secure it well at the tying-place, lest the water should get in, which will infallibly spoil it. Put it into a pot of boiling water, and boil continuously for five hours. Replenish the water, as it evaporates, with boiling water. When ready to serve, remove the pudding carefully from the mould or bag, and serve immediately with Wine Sauce.

THE PUDDING OF LONG AGO

4 large tart apples
4 ounces of stale bread crumbs
1 teaspoonful of cinnamon
½ of a nutmeg, grated
½ teaspoonful of salt
4 eggs

Pare and chop the apples very fine; mix them with the bread crumbs. Beat the eggs separately until very light, then add the yolks to the crumbs, stir in the whites carefully, add the salt, cinnamon, and nutmeg; mix carefully, and boil in a greased mould three hours. Serve hot, with Foamy Sauce. Good.

NEW CENTURY PUDDING

1 cup of suet
1 cup of sugar
1 cup of milk
3 cups of flour
1 cup of raisins
1 cup of currants
2 eggs
½ teaspoonful of salt
1 teaspoonful of cinnamon
1 teaspoonful of baking-powder

Shred and chop the suet fine; stone the raisins; pick, wash, and dry the currants. Beat the suet, sugar, and yolks of the eggs together until light, then add the milk and flour; beat until smooth, add the spices, salt, and whites of the eggs well beaten; then add the baking-powder; mix well, and add the fruit well floured; turn into a greased mould, and boil continuously for three hours. Serve hot, with Wine or Hard Sauce. *Good.*

FIG PUDDING

Make the same as New Century Pudding, using one pound of figs cut into small pieces, instead of the raisins and currants.

FRENCH FRUIT PUDDING

Make the same as New Century Pudding, using a half-pound of candied cherries and a half-pound of candied green gages, instead of the raisins and currants.

DATE PUDDING

Make the same as New Century Pudding, using one pound of dates stoned and cut into small pieces, instead of the raisins and currants.

SARATOGA PUDDING

1 cup of molasses
1 cup of milk
1 cup of raisins
1 cup of currants
1 gill of brandy
3 cups of flour
1 cup of chopped suet
1 teaspoonful of cinnamon
½ of a nutmeg, grated
½ teaspoonful of salt.

Mix the suet and molasses, add the milk, then the flour and spices; beat well, then add the fruit well floured, the brandy, salt, and a teaspoonful of baking-powder; mix all well together, and turn into a greased mould or pudding-bag; allow plenty of room for swelling, and boil continually for three hours. Serve hot, with Brandy Sauce.

PEACH PUDDING

6 large peaches
1 pint of flour
1 egg
½ teaspoonful of salt
¾ cup of milk
Butter the size of an egg
1 large teaspoonful of baking-powder

Rub the butter into the flour, then add the salt and baking-powder. Pare the peaches, cut them in halves, and take out the stones. Beat the egg until light, add it to the milk, and pour this into the flour; give a thorough beating, and pour into a greased baking-pan. Have the batter about one inch thick. Put the peaches over this, the stone side up, fill the hollow places with sugar, and bake in a quick oven thirty minutes. Serve hot, with sugar and cream.

Apples may be used instead of peaches.

ENGLISH PLUM PUDDING

(A Two-Guinea Prize Plum Pudding)

Out of five hundred recipes sent the Queen, the following was awarded the prize:—

1 pound of raisins
1 pound of suet, chopped fine
¾ pound of stale bread crumbs
¼ pound of brown sugar
Grated rind of one lemon
¼ pound of flour
1 pound of currants
½ of a nutmeg, grated
5 eggs
½ pint of brandy
½ pound of minced candied orange-peel

Clean, wash, and dry the currants. Stone the raisins. Mix all the dry ingredients well together. Beat the eggs, add to them the brandy, then pour them over the dry ingredients, and thoroughly mix. Pack into greased small kettles or moulds (this will make about six pounds), and boil for six hours at the time of making, and six hours when wanted for use. Serve with Hard or Brandy Sauce.

PLAIN PLUM PUDDING

(Miss Emily Campbell, Philadelphia)

1 pint of stale bread crumbs
1 cup of flour
1 cup of stoned rasins
Juice and rind of one lemon
1 cup of washed currants
1 cup of brown sugar
1 teaspoonful of cinnamon
½ nutmeg, grated
½ cup of molasses
3 eggs
½ pound of suet
½ pound of citron
½ teaspoonful of baking-soda

Mix well all the dry ingredients. Beat the eggs, add the molasses. Dissolve the soda in a tablespoonful of hot water, add it to the molasses and eggs, then mix into the dry ingredients, and pack into a greased mould; boil four hours. Serve with Hard or Brandy Sauce.

SWEET POTATO PUDDING

½ pound of sweet potatoes
Juice and rind of one lemon
Juice and rind of one orange
¼ teaspoonful of mace
½ pound of sugar
6 ounces of butter
8 eggs
½ teaspoonful of salt
1 even teaspoonful of cinnamon

Pare the potatoes and grate them. Beat the butter and sugar to a cream. Beat the eggs, whites and yolks together, until *very, very* light, then add them to the butter and sugar; add the grated potatoes and all the other ingredients, beat well, turn into a buttered baking-dish, and bake in a moderately quick oven three-quarters of an hour. Serve hot or cold with sauce.

If you use liquor, you may add to the pudding, when mixing, one gill of sherry and two tablespoonfuls of brandy.

ROLY POLY No. 1

½ pound of flour
5 ounces of suet
¼ teaspoonful of salt
1 pint of fruit jam or jelly

Free the suet from the fibre and skin, and then chop it very fine, add the flour and salt; mix well, and add gradually sufficient cold water to make it stick together. Now roll it out (about one inch in thickness) on a well-floured baking-board, spread the jam thickly over the paste, roll it up, and tie in a well-floured cloth, leaving plenty of room for it to swell. Put it into a pot of boiling water, and boil it two hours, or it may be steamed two hours and a half. Serve hot, with Foamy Sauce.

ROLY POLY No. 2

Take about one quart of bread dough that is light enough to bake, and roll it out about a half-inch in thickness, spread it all over with fruit, jam or preserves, and finish same as Roly Poly, No. 1.

SUET PUDDING

1 cup of suet
1 cup of raisins
3 cups of flour
½ teaspoonful of salt
1 cup of molasses
1 cup of milk
1 teaspoonful of cinnamon
1 teaspoonful of baking-powder

Shred and chop the suet fine. Pick and stone the raisins. Add the molasses to the suet, then the milk; mix well, and add the salt, flour, and cinnamon; beat vigorously for two minutes, then add the raisins, well floured, and the baking-powder; mix thoroughly, and turn into a greased mould or pudding-bag. Boil continually for three hours. Serve hot, with Wine or Hard Sauce.

TAPIOCA PUDDING

1 cup of tapioca
4 eggs
½ cup of sugar
1 quart of milk
¼ teaspoonful of salt
1 teaspoonful of vanilla

Wash the tapioca through several cold waters, then add it to the milk and soak two hours. Beat the eggs and sugar together until light, add the salt, and bake in a moderate oven three-quarters of an hour. Serve hot or cold.

WAFER PUDDING

1 pint of milk
½ pound of butter
½ pint of flour
Yolks of seven eggs
Whites of four eggs

Put the milk in a farina boiler, when boiling add the butter, stir until dissolved, then quickly throw in the flour, and stir over the fire for five minutes. Take from the fire and stand aside to cool. Beat the yolks and whites together until *very*, *very* light, add them to the mixture, and beat with the hand for ten minutes. Cover, and stand in a warm place for one hour. Grease gem pans or muffin rings, put a tablespoonful of the mixture in each one, and bake in a quick oven for forty minutes. Serve hot, with Foamy Sauce.

COLD PUDDINGS

BIRD'S-NEST PUDDING (COLD)

FOR THE NEST

Make an Orange Jelly (see recipe). Turn a pie dish upside down in the bottom of a two-quart round tin basin, pour the jelly in the basin over the pie dish, and stand away to harden.

FOR THE STRAWS

Cut the orange peel into fine strips with the scissors. Boil one cup of sugar and a half-cup of water to the crack, that is, until it hardens when dropped in cold water. Dip the straws into this syrup and place on greased papers to harden.

FOR THE EGGS

Put one pint of milk on to boil in a farina boiler, moisten four tablespoonfuls of corn-starch with a little cold milk, and stir into the boiling milk; stir until it thickens, then add a quarter-cup of sugar and a teaspoonful of vanilla. Have ready some egg shells that have been emptied from a small hole in the top, fill them with this mixture, stand in a pan of Indian meal or flour to prevent them from falling over, and put in a cold place to harden.

When the jelly is hard, whip a pint of cream. Now turn the jelly out on a round glass dish, remove the pie dish carefully, put the straws around the space left by the pie dish, representing a nest, and fill the nest, inside the straws, with the whipped cream, representing feathers. Break the shells carefully off the corn-starch eggs, and put them in the centre of the nest, and it is ready to serve.

Just as troublesome as it reads, but beautiful when done.

BREAD AND BUTTER PUDDING

Cut in thin slices a baker's five-cent loaf. Wash and pick one cup of currants. Butter each slice of bread. Put a

layer of this bread in the bottom of a one-quart mould or basin, then a sprinkling of currants, and so on until all is used. Beat four eggs and a half-cup of sugar together until light; add gradually one pint of milk, and a quarter of a nutmeg, grated. Pour this over the bread, let stand fifteen minutes and bake in a moderate oven thirty minutes. Serve cold, with Cream Sauce.

CREAM CHOCOLATE PUDDING

1 pint of milk	4 tablespoonfuls of corn-starch
½ cup of sugar	2 ounces of chocolate
4 eggs	1 teaspoonful of vanilla

Put the chocolate in a saucepan, and stand it over the tea-kettle to melt; stir until perfectly smooth. Put the milk on to boil in a farina boiler; moisten the corn-starch with a little cold water (about a quarter-cup), and add it to the boiling milk; cook and stir until thick and smooth. Beat the whites of the eggs to a stiff froth; add the sugar to the milk, then the whites, and beat all well together over the fire. Take from the fire, add the vanilla. Now take out one-third of the mixture, add to it the chocolate; mix well. Dip a plain pudding mould into cold water, put in the bottom of it half the white mixture, then all the dark, and then the remainder of the white. Stand on the ice for three hours to harden. Serve with Vanilla Sauce poured around it.

COCOANUT PUDDING

1 cocoanut	½ cup of sugar
1 pint of milk	1 teaspoonful of vanilla
	3 eggs

Beat the eggs all together until light, add the milk, sugar, vanilla, and cocoanut, grated; stir until thoroughly mixed, and bake in a moderate oven for thirty minutes. Serve cold.

CREAM COCOANUT PUDDING

2 cups of grated cocoanut
4 tablespoonfuls of corn-starch
1 teaspoonful of vanilla
1 pint of milk
4 eggs
½ cup of sugar

Put the milk in a farina boiler; moisten the corn-starch in a little cold milk, then add it to the boiling milk; stir until smooth. Beat the whites of the eggs to a very stiff froth. Add the sugar to the pudding, then the whites. Beat well over the fire for three minutes. Now add the cocoanut and vanilla, and turn into a mould to harden. Serve with Vanilla Sauce.

CREAM CORN-STARCH PUDDING (VANILLA)

1 pint of milk
½ cup of sugar
1 teaspoonful of vanilla
4 even tablespoonfuls of corn-starch
4 eggs

Make the same as Chocolate Pudding, omitting the chocolate, and adding the vanilla to the whole pudding.

DANDY PUDDING

1 quart of milk
4 eggs
2 tablespoonfuls of corn-starch
½ cup of sugar
1 teaspoonful of vanilla

Put the milk on to boil. Moisten the corn-starch with a little cold milk, and add to the boiling milk. Stir and boil for five minutes. Beat the yolks of the eggs and sugar together until light, and add to the boiling milk. Take from the fire, add the flavoring, and pour it into a baking-dish. Beat the whites of the eggs to a very stiff froth, add to them two tablespoonfuls of powdered sugar, and heap on the top of the pudding; put it in the oven for a few minutes, until a light brown. Serve ice cold.

GELATINE PUDDING

½ box of gelatine — 1 pint of boiling water
1 cup of sugar — Juice of two lemons
Juice of two oranges

Cover the gelatine with a half-cup of cold water, and let it soak a half-hour; then pour over it the boiling water, add the sugar, lemon, and orange juice, stir until dissolved, and strain through a flannel bag. Take out a half-cup of this liquid and add to it a half-teaspoonful of cochineal jelly coloring; mix well; turn it into a pie plate, and stand it away to harden. Wet a fancy pudding-mould with cold water, and, if it has a rose or a bunch of grapes in the bottom of it, take out a little more of the liquid and color it, and fill that part of the mould, so that when you turn the pudding out, the rose on top will be pink, and the pudding its natural color. Stand the mould away until this hardens, then pick it on the surface with a fork (this makes the other jelly stick to it, and will not separate when you turn it out). Now pour in the remainder of the liquid, which should be cold, but not jellied. Now stand it away for three or four hours. Put one pint of milk on to boil in a farina boiler. Beat the whites of four eggs to a *stiff* froth, add to them two tablespoonfuls of powdered sugar, and mix *very* carefully. Now place two or three spoonfuls on the top of the boiling milk, cover, and let stand one minute. Remove with a skimmer, and place on a colander to drain. Now cover the top of the milk again with two or three spoonfuls, and so on until all the whites are cooked. Now beat the yolks of the eggs with two tablespoonfuls of sugar until light, and then stir them into the boiling milk; stir and cook one minute. Take from the fire, add one teaspoonful of vanilla, and turn out to cool. When ready to serve the pudding, turn it out of the mould on a glass dish, pour the yellow sauce around it; stand the cooked

whites around the base. Cut the colored jelly that you hardened in the pie dish into squares or fancy shapes, placing them here and there over the whites as your taste may direct.

HESTON PUDDING

1 pint of boiling water
3 eggs
1 teaspoonful of vanilla
4 even tablespoonfuls of corn-starch
2 tablespoonfuls of sugar
¼ teaspoonful of salt

Moisten the corn-starch with a little cold water, add it to the boiling water, sugar, and salt; stir, and boil ten minutes. Take from the fire, add the vanilla and the well-beaten whites of the eggs; mix well, and turn into a mould to harden. Serve with a Vanilla Sauce made from the yolks of the eggs.

MARLBOROUGH PUDDING

1 pint of stewed apples
½ cup of butter
6 eggs
1 teaspoonful of vanilla
2 cups of sugar
1 quart of milk

Press the apples through a sieve. Beat the yolks and sugar together, then add the milk and flavoring. Add the butter to the apples while hot, then mix with the milk and eggs; pour into a baking-dish, and bake in a quick oven thirty-five minutes. Beat the whites of the eggs until frothy, add six tablespoonfuls of powdered sugar, and beat until they will stand alone. Heap them over the top of the pudding, and put back in the oven a moment to brown. Serve cold, with sugar and cream.

This will serve eight persons.

NEWPORT PUDDING

Pare and core six medium-sized apples; steam until tender. While they are steaming, boil a half-cup of sugar, a quarter-cup of water, and the juice of one orange together for five minutes. When the apples are done, place them in the

bottom of a baking-dish, pour over them the boiling syrup, and stand aside to cool. Put one pint of milk on to boil. Beat a half-cup of sugar and the yolks of three eggs together, and add to the boiling milk. Take from the fire, add six macaroons pounded fine, and a teaspoonful of vanilla. Fill the spaces from which the cores were taken with preserves; pour this custard over the apples, and bake in a moderate oven fifteen minutes. Beat the whites of the three eggs with three tablespoonfuls of powdered sugar to a stiff froth, heap them over the top of the pudding, and put back in the oven a moment to brown. Serve icy cold.

This will fill a two-quart baking-dish.

ORANGE PUDDING

¼ pound of macaroons ½ cupful of sugar
1 pint of milk 4 eggs
The rind of one and juice of two oranges.

Put the macaroons in the milk, and soak until soft. Beat the eggs and sugar together until light (do not separate the eggs), then add them to the milk and beat the whole until smooth; then add the orange juice and rind. Pour into a well-buttered pudding-mould (a small tin kettle will answer), put on the cover, stand the mould in a pot of boiling water, and boil continuously for one hour. Serve hot with Orange Sauce.

Lemon pudding may be made the same as Orange Pudding, using the juice and rind of one lemon. Serve with Lemon Sauce.

QUAKING PUDDING

1 cup of grated bread crumbs 1 quart of milk
2 tablespoonfuls of rice flour 4 eggs
2 tablespoonfuls of sugar A grating of nutmeg

Put the bread crumbs into a bowl. Beat the eggs, sugar, and rice flour together until light, then add them to the

milk; then pour this over the crumbs, add the nutmeg, mix well, and pour into a greased mould or pudding-bag. Put in a pot of boiling water, and boil continuously one hour. Serve hot, with Wine or Lemon Sauce.

QUEEN MAB'S PUDDING

½ box of gelatine
1 pint of cream
1 teaspoonful of vanilla
1 pint of milk
4 eggs
⅔ of a cup of sugar

Cover the gelatine with cold water, and soak a half-hour. Whip the cream. Put the milk on to boil; when boiling, dissolve the gelatine in it, and strain. Beat the yolks and sugar together, stir into the boiling milk, and cook two minutes. Take from the fire, add the vanilla, and turn out into a tin basin to cool. Stand the basin in a pan of cracked ice, and stir constantly until it begins to thicken; then add the whipped cream; mix thoroughly, turn into a mould, and set away to harden. Serve with whipped cream heaped around it.

QUEEN OF ALL PUDDINGS

1 pint of bread crumbs
1 cup of sugar
1 ounce of butter
1 quart of milk
4 eggs
Juice and rind of one lemon

Soak the crumbs in the milk for a half-hour. Beat the yolks and sugar together until light, then add them to the crumbs and milk; mix and add the lemon. Pour into the pudding dish, and bake in a moderate oven a half-hour. Whip the whites of the eggs until frothy; add to them four tablespoonfuls of powdered sugar, and beat until very stiff. When the pudding is done, put over the top a layer of the whites, then a layer of fruit jelly, then another layer of whites, and put back in the oven a moment to brown. Serve cold, with Cream Sauce.

This will serve eight persons.

ROYAL DIPLOMATIC PUDDING

1 box of gelatine	Juice of four oranges
Juice of four lemons	1 pound of sugar
1 pint of cold water	1½ pints of boiling water
¼ pound of candied cherries	¼ pound of angelica

Half the rule for Orange Cream

Cover the gelatine with the cold water, and let soak one hour. Then pour on it the boiling water; add the sugar, and the juice of the oranges and lemons; stir until the sugar is dissolved; strain through a flannel bag, and stand away to cool, but not harden. Have two plain moulds, one holding two quarts, and the other holding one quart. While the jelly is cooling, dip the larger mould into ice water, and garnish with the cherries and angelica; dip them in a little of the jelly and that will make them stick to the mould, and you can then arrange them in any form you choose. For instance, make a rose of the cherries, and leaves and stems of the angelica. Then cover with a little of the liquid gelatine, which must be cold, and stand it in a pan of cracked ice to harden. When this jelly is perfectly hard, set the small mould in the centre of the large one, and fill it with cracked ice; fill the space between the two moulds with the remainder of the liquid jelly, and stand away until perfectly hard; this will take at least five hours. When hard, remove the ice from the small mould; dip out with a spoon, the water from the melted ice, and wipe the inside of the mould with a towel that has been dipped in warm water. This will loosen the mould, and you can lift it out carefully, Fill the vacant space with the orange cream; stand away in a cold place for three hours. Serve with a Vanilla Sauce poured around it.

This is a troublesome pudding, but very good and sightly.

SNOW PUDDING

½ box of gelatine
2 cups of sugar
4 eggs
Juice of three lemons
1 quart of milk
1 teaspoonful of vanilla
1 pint of boiling water

Cover the gelatine with cold water, and let it soak a half-hour. Then pour over it the boiling water, add the sugar, and stir until it is dissolved; then add the lemon juice, and strain the whole into a tin basin; place this in a pan of ice-water, and let stand until cold. When cold, beat with an egg beater, until as white as snow; beat the whites of the eggs to a stiff froth, and stir them into the pudding. Dip a fancy mould into cold water; turn the pudding into it, and stand in a cold place four hours to harden.

THE SAUCE

Put the milk on to boil, beat the yolks of the eggs and a half-cup of sugar together until light, and stir them into the boiling milk. Stir and cook two minutes. Take from the fire, add the vanilla, and turn out to cool. Serve the pudding with the sauce poured around it.

WIGWAM PUDDING

(Mrs. John W. Pepper, Philadelphia)

¼ pound of lady fingers
1 pint of milk
1 teaspoonful of vanilla
1 gill of sherry
1 tumbler of strawberry jelly
4 eggs
8 tablespoonfuls of powdered sugar
Juice of half a lemon

Split the lady fingers and spread the flat side with jelly; dip the crust side in the sherry. Line the bottom and sides of the dish in which you wish to serve it with these lady fingers, and place the remaining lady fingers, log-cabin style, in the centre of the dish—that is, cross them so that the custard will pass between. Now put the milk

on to boil in a farina boiler. Beat the yolks of the eggs and four tablespoonfuls of the sugar together until light, stir into the boiling milk, and stir continually until it thickens; take from the fire, add the vanilla, and stand aside to cool. Beat the whites of the eggs, adding gradually the remaining sugar, to a stiff froth, and then beat until they will stand alone; add the lemon, and mix thoroughly. Pour the custard over the lady fingers; heap the meringue over the top, and stand on a board in the oven a moment to brown. Brown quickly before the dish heats, or the pudding will curdle.

This will serve six persons.

FROZEN PUDDINGS

ICED CABINET PUDDING

1 quart of milk
6 eggs
¼ pound of pulverized sugar
¼ box of gelatine
¼ pound of macaroons and lady fingers mixed
½ pound of candied cherries or preserved fruit
½ pound of stale sponge cake

Cut the sponge cake into small pieces. Pound the macaroons and lady fingers and rub them through a coarse sieve. Put the milk on to boil in a farina boiler. Beat the eggs until creamy, then add the sugar; beat until smooth, and stir into the boiling milk; stir until it coats a knife-blade; take from the fire, and add the gelatine, which has been covered with cold water, and soak a half-hour; then strain and stand aside to cool. Garnish the bottom of a melon or brick mould with the candied cherries or preserves; then put in a layer of the broken sponge cake, then a

sprinkling of the pounded macaroons and lady fingers, then another layer of cherries, then a layer of broken sponge cake, and so on until all is used. Add a tablespoonful of vanilla to the custard; pour it into the mould and cover the mould tightly with the lid. Dip a piece of muslin two inches wide, and long enough to go around the mould, into melted butter; bind it over the joint where the lid and mould come together; pack in ice and salt, and freeze three hours. When ready to serve, dip the mould quickly into hot water, and turn the pudding on a cold dish. Serve with Montrose Sauce.

This will serve ten persons.

MONTROSE PUDDING

1 quart of good cream Yolks of six eggs
1 cup of granulated sugar 1 tablespoonful of vanilla
1 pint of strawberry water-ice

Put one pint of cream on to boil in farina boiler. Beat the yolks and sugar together until light, stir them into the boiling cream, and cook and stir until it thickens (about one minute). Take from the fire, add the remaining pint of cream, and the vanilla, let stand until cool, and freeze. When frozen, pack into a round mould, or bomb, leaving a well in the centre. Fill this well with the strawberry water-ice, cover it over with some of the pudding you have taken out. Pack in salt and ice, and let stand until wanted (not less that two hours). Serve with the following sauce poured around it.

THE SAUCE

1 heaping tablespoonful of gelatine 1 pint of cream
Yolks of three eggs
¼ cup of pulverized sugar 1 teaspoonful of vanilla

Cover the gelatine with a little cold water, and soak a half-hour. Put the cream on to boil in a farina boiler. Beat

the eggs and sugar together until light, add to the boiling cream, stir until it thickens (about one minute), add the gelatine, stir until dissolved; take from the fire, add the vanilla, and (if you use it) two tablespoonfuls of brandy and four of sherry. Stand it away in a cold place until wanted.

If you have no round mould, use the freezer to mould it.

This quantity will serve twelve persons.

NESSELRODE PUDDING

1 pint of chestnuts
1 pint of sugar
1 pint of boiling water
1 pound of French candied fruit (mixed)
1 pint of almonds
1 pint of cream
1 pineapple or one pint of canned
Yolks of six eggs

Shell the chestnuts, take off the brown skin, put them in a saucepan, cover with boiling water, and boil twenty minutes, then press them through a colander. Shell, blanch and pound the almonds. Cut the fruit into small pieces. Put the water and sugar on to boil; let it boil fifteen minutes. Beat the yolks of the eggs until very light; add them to the boiling syrup; stir over the fire until it boils, then take it off, and beat with a wire spoon until cold. Now add the fruit, cream, almonds, chestnuts, and a tablespoonful of vanilla, and (if you use wine) four tablespoonfuls of sherry. Mix all well together, turn into the freezer, and freeze. After it is frozen, drain off the water, add more salt and ice, cover the freezer with a piece of carpet, and stand away for four or five hours to ripen.

This will serve fifteen persons.

MY QUEEN PUDDING

Pack a two-quart bombe-glacé mould in salt and ice. Remove the cover, being careful not to drop any salt inside the mould. Now line the mould with strawberry or

pomegranate water-ice, fill the centre with French bombe mixture, press the lid down tightly, cover with salt and ice, and stand away two hours or more to freeze. When ready to serve, wash the outside of the mould in cold water, turn the pudding out carefully in the centre of a large round dish, heap around it sweetened whipped cream. Place here and there over the cream candied cherries and marrons glacés.

ICED RICE PUDDING WITH A COMPOTE OF ORANGES

FOR THE PUDDING

½ cup of rice — 1 pint of milk
1 quart of cream — 1½ cups of sugar
Yolks of six eggs — 1 tablespoonful of vanilla
2 quarts of rock salt — 10 pounds of ice

Rub the rice well in a clean towel, put it on to boil in one pint of cold water, boil a half-hour; drain, cover with the milk, and boil a half-hour longer. While this is boiling, whip the quart of cream. After you have whipped all you can, add the remainder, and what has drained from the other, to the rice and milk. Stand the whipped cream in a cold place until wanted. Now press the rice through a wire sieve, and return it to the farina boiler, in which it was boiled. Beat the yolks and sugar together until light, then pour over the boiling rice, stir well, return again to the fire and cook two minutes, or until it begins to thicken. Take from the fire, add the vanilla, and turn out to cool. When cool, put into the freezer and freeze (see directions for freezing). When frozen, stir in the whipped cream, remove the dasher and smooth down, and let stand for two hours, packed in salt and ice.

FOR THE COMPOTE

1 dozen sweet oranges — 1 pound of sugar
Juice of quarter of a lemon — 1 gill of water

Put the sugar and water on to boil; boil ten minutes, skim, and add the lemon juice. Peel the oranges, cut them in halves crosswise; cut out the cores with a sharp knife; put a few pieces at a time in the hot syrup, and lay them out singly on a flat dish; pour over them the remaining syrup and stand on the ice to cool.

To dish the pudding, lift the can out of the ice and wipe it off so that the salt will not get into the pudding; then wipe the bottom with a towel dipped in boiling water, put a round dish over the top of it, turn it upside down and remove the can; if it should stick, wipe again with the hot towel. Heap the oranges on top and around the base of the pudding, and pour the syrup over them. Serve immediately. This is worth the trouble; besides being good, it is a very handsome dish.

DESSERTS

BLANC MANGE

1 quart of milk — 8 even tablespoonfuls of corn-starch
½ cup of sugar
¼ teaspoonful of salt

Put the milk on to boil in a farina boiler. Moisten the corn-starch with a little cold milk, then add it to the boiling milk, and stir until it thickens; add the sugar and salt, take from the fire, pour into custard cups, and set away to harden. Serve with Cream Sauce.

This will serve five or six persons.

FRUIT BLANC MANGE

One quart of stewed or one can of fruit, (cherries, raspberries, and strawberries are best). Strain off all the juice, sweeten it to taste, and put it on to boil. Moisten three even tablespoonfuls of corn-starch with a little cold

water, and stir it into the boiling juice. Boil and continue stirring five minutes, then add the fruit, pour it into a mould that has been wet with ice-water, and stand away to cool. Serve cold, with sugar and cream.

This will fill a one-quart mould.

CREAM CAKE PIE

Make a plain cup cake, and bake it in an oval tin basin. When done and cold, split it into three layers. Put one quart of milk on to boil in a farina boiler. Beat the yolks of six eggs and a half-cup of sugar together until light, then add the well-beaten whites, and stir them into the boiling milk; stir over the fire for about one minute, then take from the fire, add one teaspoonful of vanilla, and stand away to cool. When cold, and ready to serve, put a layer of this sauce between the layers of cake, pour the remaining sauce around in the bottom of the dish, and serve immediately.

ORANGE CAKES WITH VANILLA SAUCE

Take small, stale sponge cakes (lady fingers), dip them in orange juice, place them in a glass dish, and pour over them Vanilla Sauce. Serve at once.

If you use wine, you may dip them in sherry.

STRAWBERRY SHORTCAKE

1 quart of flour	2 ounces of butter
1 teaspoonful of salt	1 quart of cream
2 quart-boxes of strawberries	2 teaspoonfuls of baking-powder
Sugar and milk	

Stem the berries, sweeten to taste, and slightly mash them with a wooden spoon. Rub the butter into the flour, then add the salt, baking-powder, and sufficient milk to make a soft dough; mix quickly, roll out about one and one-half inches in thickness, put into a greased, large, square baking-pan, and bake in a very quick oven for twenty minutes.

When done, take from the oven, split in halves and spread each half lightly with butter. Place the lower half in a large meat plate; put half the berries on this, then cover with the other half of the shortcake; cover this with the remaining half of the berries, pour the cream around, and serve immediately.

This will serve eight persons.

APPLE CHARLOTTE

6 large apples — 1 pint of cream
½ box of gelatine — Sugar to taste

Pare and steam the apples until tender, then press them through a colander and add the sugar. Cover the gelatine with cold water and soak a half-hour, then add it to the hot apples; stir until dissolved. Now pour this into a tin basin, stand the basin in a pan of ice-water, and stir *continually* until the mixture begins to thicken; then add quickly and carefully the cream, whipped. Turn in a fancy pudding-mould, and stand in a cold place to harden.

This will serve eight persons.

CHARLOTTE RUSSE

1 quart of good cream — ½ pound of lady fingers
¾ cup of powdered sugar — ½ box of gelatine
1 teaspoonful of vanilla — ½ gill sherry (if you use wine)

Cover the gelatine with cold water, and let it soak for a half-hour. Whip the cream and lay it on a sieve to drain. Line two plain two-quart moulds with the lady fingers. Now turn the cream into a large basin and place it in a pan of cracked ice; add to the soaked gelatine just enough boiling water to dissolve it. Now add the sugar carefully to the cream, then the vanilla and wine, and last, strain in the gelatine. Commence to stir immediately; stir from the sides and bottom of the basin until it begins to thicken, then pour into the moulds and set away on the ice to harden.

PARISIAN CHARLOTTE

¼ box of gelatine — 1 quart of cream
1 cup of grated cocoanut — ¼ pound of stale lady fingers
¼ pound of macaroons — 4 eggs
2 tablespoonfuls of sugar

Cover the gelatine with cold water and let it soak a half-hour. Whip one-half the cream, and stand it away until wanted. Put the remaining half to boil in a farina boiler. Beat the eggs and sugar together until light (do not separate the eggs), stir into the boiling milk, and stir one minute until it thickens; add the gelatine, take from the fire, add a teaspoonful of vanilla and the lady fingers, macaroons and cocoanut, and turn into a basin. Now place the basin in a pan of cracked ice, and stir *continually* until it just begins to thicken; then add the whipped cream, and stir very carefully until thoroughly mixed. Wet a fancy mould with cold water, turn in the mixture and stand on the ice to harden.

Or, cut the centre out of a one-pound, stale sponge cake, leaving a bottom and sides about a half-inch thick, and pour the mixture into this instead of the mould. Serve with Montrose Sauce.

APRICOT BAVARIAN CREAM

1 pint-can or one pint fresh apricots — ½ box of gelatine
½ pint of cold water
1 pint of cream

Cover the gelatine with the water and let soak a half-hour. Press the apricots through a colander; if fresh, first stew and sweeten them. Stir the gelatine over boiling water until dissolved. Whip the cream. Add the gelatine to the apricots, mix, and turn into a tin basin; stand the basin in a pan of cracked ice or snow, and stir constantly until it begins to thicken; then add the whipped cream,

stir carefully until thoroughly mixed; turn into a mould and stand aside to harden. Serve with whipped cream heaped around the base.

COFFEE BAVARIAN CREAM

½ box gelatine
½ pint of milk
1 pint of cream
1 teaspoonful of vanilla
1 cup of sugar
1 cup strong boiling coffee

Cover the gelatine with cold water and let it soak for a half-hour; then pour over it the boiling coffee; add the sugar, and stir until it is dissolved; then strain into a tin basin; let stand until cool. While it is cooling, whip the cream. When cool, add first the milk, and then the whipped cream; stir carefully until thoroughly mixed, turn into a mould, and set away to harden.

Caramel Bavarian Cream may be made as above, using one pint of milk, two tablespoonfuls of caramel, and a gill of sherry instead of the coffee.

CHOCOLATE BAVARIAN CREAM

1 pint of milk
1 pint of cream
½ cup of sugar
½ box of gelatine
2 ounces of chocolate
1 teaspoonful of vanilla
½ cup of water

Cover the gelatine with the water, and let soak a half-hour. Whip the cream, grate the chocolate, put the milk on to boil; when boiling, add the chocolate and gelatine, stir until dissolved. Take from the fire, add the sugar and vanilla, then turn into a tin basin to cool; stir continually until it begins to thicken, then add the whipped cream; stir carefully until thoroughly mixed, then turn into a mould to harden. Serve with whipped cream around the base.

PEACH BAVARIAN CREAM

Peach Bavarian Cream is made precisely the same as Apricot Bavarian Cream, using one pint can or nine fresh peaches.

PINEAPPLE BAVARIAN CREAM

1 pint of grated pineapple — ½ box of gelatine
½ pint of sugar — 1 pint of cream
½ cup of cold water

Cover the gelatine with the cold water, and let soak a half-hour. Put the pineapple and sugar in a porcelain-lined kettle, and let it *simmer* slowly while the gelatine is soaking. Then add the gelatine to the pineapple, and stir until dissolved. Turn into a tin basin, and finish the same as Apricot Bavarian Cream.

One pint of canned pineapple may be used in place of the fresh, omitting the sugar.

PLUM BAVARIAN CREAM

Make precisely the same as Apricot Bavarian Cream, using one pint of preserved or canned plums instead of the apricots.

RASPBERRY BAVARIAN CREAM

½ box of gelatine — 1 pint of raspberry juice
½ cup of sugar — 1 pint of cream
½ cup of water.

Cover the gelatine with the water, and soak a half-hour; then stand it over boiling water until thoroughly dissolved, add to it the sugar and raspberry juice, and strain into a tin basin. Place the basin in a pan of ice or snow, and stir continually until it thickens, then add the cream whipped; stir carefully until thoroughly mixed. Pour into a mould, and stand in a cold place to harden.

STRAWBERRY BAVARIAN CREAM

1 quart of strawberries — ½ box of gelatine
1 cup of sugar — 1 pint of cream
½ cup of cold water

Cover the gelatine with the water, and soak a half-hour. Mash the berries and press them through a sieve fine enough to remove the seeds; add the sugar, and stir until dissolved. Stand the gelatine over boiling water; and, when melted, strain it into the strawberry juice; mix, turn into a tin basin, and finish the same as Raspberry Bavarian Cream.

AMERICAN CREAM

½ box of gelatine — 1 cup of sugar
1½ pints of milk — Juice and rind of one lemon

Cover the gelatine with a half-cup of cold water, and soak a half-hour. Put the milk on to boil in a farina boiler, add the gelatine to it, stir until dissolved, strain, take from the fire, and stand aside until cool. When cold, add the sugar and lemon, stir well, turn into a mould, and stand away to harden. Serve with Cream or Vanilla Sauce.

This will serve eight persons.

FRIED CREAM

1 pint of milk — 1 tablespoonful of corn-starch
Yolks of three eggs — ½ cup of sugar
¼ of a nutmeg, grated — 1 teaspoonful of vanilla
4 tablespoonfuls of flour

Put the milk on to boil in a farina boiler, moisten the flour and corn-starch in a little cold milk, then add it to the boiling milk. Stir, and boil five minutes. Now add the sugar, nutmeg, and the yolks of three eggs well beaten. Let cook one minute; take from fire and add flavoring. Turn into a square mould, and stand in a cold place for four or five hours. Then sprinkle some bread crumbs on a

baking-board, turn the cream out on them, and cut it into squares. Dip them first in beaten egg, then in crumbs, and fry in boiling fat. Serve with powdered sugar sifted over.

HAMBURG CREAM

(Mrs. John W. Pepper, Philadelphia)

5 eggs 2 lemons
½ pound of sifted sugar

Beat the yolks with the juice and grated rind of the lemons, also the sugar; put it on the fire, and let it come to a boil. Then add hastily the whites of the eggs beaten stiff. Stir all well together; take immediately off the fire and put in glasses. In making this, always use a farina boiler.

This recipe will fill eight glasses.

ITALIAN CREAM

1 quart of milk 4 eggs
½ box of gelatine 1 teaspoonful of vanilla
½ cup of sugar ½ cup of cold water

Cover the gelatine with the cold water, and soak a half-hour. Put the milk on to boil in a farina boiler. Beat the yolks of the eggs and sugar together until light, then stir them into the boiling milk; stir over the fire a half-minute; take from the fire, add the gelatine and vanilla, and stand aside to cool. When slightly cool, not stiff, add the whites of the eggs beaten to a stiff froth, turn into a mould, and stand away in a cool place to harden.

This is sufficient to fill a mould holding one and a half quarts, and will serve nine people.

ORANGE CREAM

½ box of gelatine 1 pint of cream
1 cup of sugar 1 pint of milk
5 oranges Yolks of five eggs

Cover the gelatine with cold water, and let it soak for a

half-hour. Whip the cream. Put the milk on to boil; as soon as it boils, dissolve the gelatine in it. Beat the yolks and sugar together until light, and strain the milk and gelatine into them. Wash the boiler and return the mixture to it; stir it over the fire for two minutes and then turn it out to cool. When cold, add the juice of the oranges strained through a sieve. Now place the basin in a pan of cracked ice, and stir continually until it just begins to thicken, then add the whipped cream and stir very carefully until thoroughly mixed. Wet a fancy mould with cold water, turn in the mixture, and stand on the ice to harden. Serve plain or with whipped cream heaped around it. This is delicious.

SNOW CREAM

Beat the whites of four eggs until foamy, then add gradually four tablespoonfuls of powdered sugar, beating all the while, then beat until stiff enough to stand alone; add one tablespoonful of sherry and a teaspoonful of vanilla; stir in carefully one pint of cream, whipped. Serve in small glasses.

This will serve eight persons.

VELVET CREAM

Make the same as Charlotte Russe, turn into a fancy mould that has been dipped in cold water, and stand in a cold place to harden.

This will serve twelve persons.

TAPIOCA CREAM

1 quart of milk ½ cup of sugar
1 cup of tapioca 4 eggs
1 teaspoonful of vanilla

Soak the tapioca, in cold water enough to cover, over night.

In the morning, put the milk and tapioca in a farina boiler and boil until the tapioca is clear, stirring all the time. Beat the yolks and sugar together until light; then beat the whites to a stiff froth, stir them carefully into the yolks and sugar, and then add them to the tapioca, and stir and boil about one minute. Take from the fire, add the vanilla, and turn out in a glass dish to cool.

This will serve six persons.

CROQUANTE OF PEACHES

18 nice ripe peaches
1 pound of sugar
1 pint of small strawberries
½ pint of water
The recipe for Charlotte Russe

Boil the sugar and water together until it is brittle when dropped in cold water; that is, when it begins to boil up in large bubbles, take a little of it on a spoon and drop it into cold water; if it snaps in breaking, it is sufficiently boiled. Take it from the fire immediately. Rub a plain two-quart mould with melted butter or oil. Have ready the peaches pared, cut into halves and stoned, the strawberries stemmed. Put a piece of peach on a wooden skewer, dip it in the syrup, then dip a berry in the syrup, and place in the centre of the peach where the stone was taken out, then press it against the side of the mould, and so continue until the mould is lined, then stand away in a cold place to harden. When hard, fill with Charlotte Russe, and stand in a cold place for an hour or two. When ready to serve, put a plate over the mould, turn it upside down, wipe the outside of the mould with a warm cloth, then carefully lift it off. This dish is both beautiful and good.

This will serve eight persons.

CROQUANTE OF ORANGES

12 sweet oranges
½ pint of water
1 pound of sugar
Charlotte Russe

Peel and carefully remove all the white pith from the oranges, then divide them into their small sections with the fingers, being careful not to break the skin. Make the syrup, dip the sections into it, line the mould and finish according to the recipe given for Croquante of Peaches.

CROQUANTE OF STRAWBERRIES

1 quart of strawberries
1 tablespoonful of gelatine
Charlotte Russe

Cover the gelatine with cold water and let it soak a half-hour, then add to it two tablespoonfuls of boiling water and stir until dissolved. Dip a plain two-quart mould in cold water, then stand it in a pan of ice-water. Stem the berries, and dip each one in the gelatine, then press them against the inside of the mould; in this way they will stick, allowing you to arrange them in any fancy design you may choose. A wreath around the side of the mould and a rose in the bottom made from the berries is very pretty. Angelica may be used for the leaves and stems, or you may line the mould perfectly solid with the berries. Now fill with Charlotte Russe and stand away to harden.

This will serve eight persons.

Croquante of Raspberries may be made in the same way.

BAKED CUSTARD

Make the same as Cup Custard; pour into a baking-dish and bake in a quick oven until firm in the centre. Serve very cold.

CORN-STARCH CUSTARD

1 quart of milk ½ cup of sugar
4 eggs 1 teaspoonful of vanilla
4 tablespoonfuls of corn-starch

Put the milk on to boil in a farina boiler. Beat the yolks of the eggs and the sugar together until very light. Beat the whites to a stiff froth, then stir them carefully into the yolks and sugar. Moisten the corn-starch with a little cold milk, then stir it into the boiling milk; stir and cook until it begins to thicken, then add the eggs and sugar; stir and cook one minute longer, take from the fire, add the vanilla and turn into a glass dish. Serve icy cold.

This will serve eight persons.

CUP CUSTARDS

1 quart of milk 4 eggs
½ cup of sugar ¼ of a nutmeg, grated

Beat the eggs all together until light, then add the sugar, beat again, add the milk and nutmeg, stir until the sugar is dissolved. Pour into custard cups. Stand the cups in a pan of boiling water and then put the pan in the oven. Bake until the custards are set; that is, firm in the centre. When done, take them out of the water and stand away to cool. Serve in the cups.

FRENCH CUSTARD

1 quart of milk 8 eggs
⅔ cup of sugar 1 teaspoonful of vanilla
6 tablespoonfuls of powdered sugar

Put the milk on to boil in a farina boiler. Beat the sugar and yolks of the eggs together until light, then stir them into the boiling milk. Stir over the fire until it begins to thicken, then take it from the fire, add the vanilla and stand aside to cool. As soon as cool, pour into a glass

dish. Beat the whites until frothy, add gradually the fine sugar, and beat until they will stand alone. Heap them on a dinner-plate, and stand in the oven a moment to brown. As soon as they are brown, loosen them from the plate and slide off gently on top of the custard. Serve very cold, with sponge cake.

This will serve ten persons.

QUAKING CUSTARD

½ box of gelatine
5 eggs
1 teaspoonful of vanilla
1½ pints of milk
½ cup of sugar
¼ cup of powdered sugar

Cover the gelatine with cold water and soak a half-hour. Put the milk on to boil. Beat the yolks of the eggs and the half-cup of sugar together until light, then stir into the boiling milk; add the gelatine, and stir over the fire for a minute to thicken. Take from the fire, add the vanilla, pour in a mould, and stand away to harden. When ready to serve, beat the whites to a foam, then add gradually the powdered sugar, beating all the while. After all the sugar is added, beat until it will stand alone. Turn the pudding carefully from the mould, heap the whites around it, and serve.

This will serve eight persons.

RICE CUSTARDS

1 quart of milk
6 tablespoonfuls of rice flour
⅔ cup of sugar
4 eggs
1 teaspoonful of vanilla

Put the milk on to boil in a farina boiler. Moisten the rice flour with a little cold milk. Beat the eggs and sugar together until very light. Now add the rice flour to the boiling milk, stir and cook for five minutes; then add the

eggs and sugar, and cook one minute longer. Take from the fire, add the vanilla, turn into cups, and stand away in a cold place to cool. Serve cold, with Cream Sauce.

This will fill eight cups.

FARINA CUSTARDS

Make precisely the same as Rice Custards.

CUSTARD SOUFFLÉ (Parloa)

2 tablespoonfuls of butter
2 tablespoonfuls of flour
2 tablespoonfuls of sugar
1 cup of milk
4 eggs

Put the milk on to boil. Rub the butter and flour together, add to the boiling milk, stir over the fire for ten minutes. Beat the yolks and sugar together, add them to the milk, and turn the mixture out to cool. When cold, beat the whites to a stiff froth, and add them to the mixture, turn into a greased baking-dish and bake in a quick oven (400° Fahr.) for twenty minutes. Serve immediately, with Creamy Sauce.

TAPIOCA CUSTARD

½ cup of tapioca
½ cup of sugar
1 pint of water
4 eggs
1 tumbler of currant or strawberry jelly

Wash the tapioca through several waters, add it to the pint of water and soak two hours, then add to it the jelly and sugar, and cook slowly until the tapioca is clear. Beat the whites of the eggs to a stiff froth, stir them into the tapioca, then turn into a mould, and stand away to harden. Serve cold, with Vanilla Sauce made from the yolks of the eggs.

This is sufficient for six persons.

APPLE DUMPLINGS No. 1

1 quart of flour
2 heaping teaspoonfuls of baking-powder
1 large tablespoonful of butter or lard
1 teaspoonful of salt
½ pint of milk

Pare the apples and take out the cores with a corer. Put the pot over the fire with just enough water to half cover the dumplings; or, if you are going to steam them, which is much the better way, have steamer over the pot, which should be half-full of boiling water. Now put the flour into a bowl, and rub into it the butter or lard, then add the salt and baking-powder, mix well, and moisten with the milk, using more or less, as the flour requires to make a soft dough; that is, a dough that will roll out nicely without being sticky. Take the dough out on a baking board, roll it out about a half-inch in thickness; now cut out the dumplings or the covering for the apples with a large round cutter, about the size of a common saucer; put one apple in the centre of each piece, fill the space from which the core was taken with sugar, and a little cinnamon if you like, and carefully work the dough over the apple. If you boil them, tie each one in a floured cloth, or put them into netted dumpling-bags, plunge them immediately into the boiling water, and boil thirty minutes. If you steam, place them on a dinner-plate a little smaller than the steamer, stand the plate in the steamer and steam forty minutes. Serve on the plate on which they were steamed. Serve hot, with Hard Sauce or sweetened cream.

APPLE DUMPLINGS No. 2

10 good-sized potatoes
½ teaspoonful of salt
½ cup of milk
1 tablespoonful of butter

Pare and boil the potatoes; when done, drain off every drop of water, and stand them on the back part of the

fire to dry, then mash and beat them until light; add the salt, butter, and milk, and beat again; add gradually sufficient flour to make a dough that will roll out without sticking to the board. Now take the dough and knead it lightly, roll out about a half-inch in thickness, and finish same as Apple Dumplings, No. 1. These dumplings must be served as soon as done. They can wait, after they are ready to cook, for a half-hour or more, then put them on to cook just forty minutes before you are ready to serve them.

These dumplings are delicious baked and served with Vanilla Sauce.

PEACH DUMPLINGS

Peach dumplings may be made the same as Apple Dumplings, No. 1, using one dozen peaches instead of the apples. Pare the peaches, but do not take out the stones.

RICE DUMPLINGS

1 pound of rice
1 dozen tart apples
2 quarts of water
Sugar and cinnamon

Wash the rice through several cold waters, then boil gently in the water for thirty minutes; drain in a colander. Pare the apples and take out the cores. Fill the spaces from which the cores were taken with sugar and cinnamon. Then cover the apples all over with a thick coating of the boiled rice. Tie each dumpling tightly in a dumpling cloth, and put them in a pot of cold water. Bring the water quickly to a boil, and boil forty minutes. When done, untie the cloth, turn the dumplings out carefully on a large plate. Serve with Hard or Cream Sauce.

APPLE SPONGE

½ box of gelatine
1 pound of apples
3 eggs
1 pound of sugar
Grated rind of one and juice of two lemons
½ pint of boiling water

Boil the sugar and water until clear, take the scum from the surface. Pare the apples, core and slice them into this syrup. Stew until tender. Cover the gelatine with cold water and let it soak while the apples are stewing; add the gelatine to the apples when they are done, then press the whole through a sieve, add the rind and juice of the lemons, and stir until cold and slightly thickened. Beat the whites of the eggs to a stiff froth, stir them into the apples and beat until cold and thick, then pour into a mould to harden. Make a Vanilla Sauce from the yolks of the eggs (see recipe). Serve the sponge in a dessert-dish, with the sauce poured around it.

Peach Sponge may be made the same way, using one pound of peaches instead of a pound of apples.

BLACKBERRY SPONGE

½ box of gelatine
½ cup of sugar
½ pint of blackberry juice
4 eggs
1 pint of boiling water

Cover the gelatine with a half-cup of cold water and soak for a half-hour; then pour over it the boiling water, add the sugar, and stir until dissolved; add the blackberry juice, and strain into a tin basin; put this basin in a pan of cracked ice or snow to stand until cold and thick, stirring occasionally. Then beat to a stiff froth, add the well-beaten whites of the eggs, and beat until smooth; turn into a fancy pudding-mould to harden. Serve with Vanilla Sauce poured around it.

The Dover egg-beater is the best for beating these desserts.

CURRANT SPONGE

Make the same as Blackberry Sponge, using a half-pint of currant juice, a half-pint of sugar, a half-pint of boiling water, a half-box of gelatine, and four eggs.

LEMON SPONGE

Proceed in every respect as for Blackberry Sponge, substituting the juice of three lemons for the blackberry juice, and adding two cups of sugar.

ORANGE SPONGE

This is made the same as Blackberry Sponge, using the juice of five large oranges, one cup of sugar, one pint of boiling water, a half-box of gelatine, and four eggs.

RASPBERRY SPONGE

The same as Blackberry Sponge, using one pint of raspberry juice.

STRAWBERRY SPONGE

Make same as Blackberry Sponge, using one pint of strawberry juice, one cup of sugar, a half-box of gelatine, a half-pint of boiling water, and four eggs.

APPLE TAPIOCA

Pick and wash one cup of tapioca, cover with cold water, and soak a half-hour; then put it in a farina boiler, add one quart of boiling water, and boil until transparent. Pare and core enough apples to cover the bottom of a baking-dish; fill the spaces from which the cores were taken with sugar, pour the tapioca over, and bake in a moderate oven for thirty minutes. Serve cold, with sweetened cream.

APPLE SAGO

Make the same as Apple Tapioca, using sago instead of tapioca.

CHERRY TAPIOCA

1½ pounds of sour cherries 1 cup of tapioca
Sugar to taste

Wash the tapioca through several waters, then cover with cold water, and soak over night. In the morning, put it on the fire with one pint of boiling water, *simmer* slowly until the tapioca is perfectly clear. Stone the cherries, stir them into the boiling tapioca, sweeten to taste. Take from the fire, turn into the dish in which they are to be served, and stand away to cool. Serve very cold, with sugar and cream.

This will serve eight persons.

ORANGE TAPIOCA

1 cup of tapioca 1 dozen sour oranges
Sugar to taste

Make and serve the same as Cherry Tapioca.

PEACH TAPIOCA

1 cup of tapioca
1 quart-can or a quarter-peck of stewed peaches
Sugar to taste

Make and serve the same as Cherry Tapioca.

RASPBERRY TAPIOCA

1 cup of tapioca
1 quart of raspberries
Sugar to taste

Make and serve the same as Cherry Tapioca

STRAWBERRY TAPIOCA

1 cup of tapioca
1 quart of strawberries
Sugar to taste

Make and serve the same as Cherry Tapioca

ANGELS' SNOW

1 dozen sweet oranges
1 cup of sugar
1 cocoanut

Pare and grate the cocoanut. Peel and cut the oranges in small pieces, taking out all the seeds. Put a layer of the oranges in the bottom of a pretty glass dish, sprinkle with sugar, then a layer of cocoanut, then another layer of oranges, sugar, and so on, until the dish is full, having the last layer cocoanut. Let stand one hour, and it is ready to serve.

APPLE DOWDY

Butter a baking-dish and line the bottom and sides of it with buttered slices of bread. Fill the dish with sliced apples, grate over them a little nutmeg. Mix a half-cup of water and a half-cup of molasses together, and pour over the apples; sprinkle over this a half-cup of brown sugar, cover with more buttered bread. Cover the top of the baking-dish with a tin plate, and bake in a moderate oven for two hours. When done, loosen the edges with a knife, and turn out on a dish. Serve hot, with sugar and cream.

APPLE MERINGUE

Cover the bottom of a baking-dish with pieces of stale cake dipped in milk. Pare, core and slice four tart apples, spread them over the cake, sprinkle with four heaping tablespoonfuls of sugar, grate over a little nutmeg, and

bake in a moderate oven until the apples are tender. Then make a meringue from the whites of three eggs and three tablespoonfuls of powdered sugar beaten to a stiff froth, heap them over the top, and put back in the oven to brown the meringue. Serve cold, with sweetened cream.

APPLE SLUMP

1 tablespoonful of butter
½ pint of milk or water
1 quart of flour
6 large tart apples
2 heaping teaspoonfuls of baking-powder

Sift the flour, add one teaspoonful of salt, and rub into it the butter; add the baking-powder and then the milk—more or less as the flour requires. The dough must be a little soft. Have the apples pared, quartered and cored; put them with one pint of water into a baking-dish, roll out the dough about one inch in thickness, cover it over the apples, cover the dish, and stew slowly in the oven for thirty minutes. When done, dust thickly with powdered sugar, and serve in the dish in which it was baked, with Hard Sauce in a separate dish.

APPLE SNOW

6 good-sized apples
1 cup of sugar
Juice of one lemon
Whites of six eggs

Pare, core and steam the apples until tender, then press them through a sieve and put aside to cool; when cold, add the sugar and lemon juice. Beat the whites of the eggs to a *very* stiff froth, and add the apples to them by large spoonfuls, beating all the while. Serve immediately, in glasses.

BROWN BETTY

Pare, core and slice six or seven tart apples. Put a layer of stale bread crumbs in the bottom of a baking-dish, then a layer of the apples, then another layer of bread crumbs, and another layer of apples, and so on until all is used, having the last layer crumbs. Add a half-cup of water to a half-cup of molasses, stir in two tablespoonfuls of brown sugar; pour it over the crumbs, and bake in a moderate oven for one hour. Serve hot, with sweetened cream or Hard Sauce.

FLOATING ISLAND

1 quart of milk — 4 eggs
½ cup of sugar — 1 teaspoonful of vanilla
1 tablespoonful of corn-starch

Put the milk on to boil in a farina boiler. Beat the whites of the eggs to a stiff froth, put them, a few spoonfuls at a time, on top of the boiling milk; let cook one minute, and then remove them with a skimmer. Now beat the yolks of the eggs, sugar, and corn-starch together until light, then stir them into the boiling milk; stir until it thickens (about one minute). Take from the fire, add the vanilla, and stand aside to cool. When cold, pour into a glass dish, heap on the whites of the eggs, dot here and there with bits of currant jelly, dust with powdered sugar, and serve very cold.

This will serve eight persons.

GOOSEBERRY FOOL

1 quart of ripe gooseberries — 1 tablespoonful of butter
1 cup of sugar — 4 eggs

Top and stem the gooseberries, and stew them in one pint of water until they are tender, then press them through a colander to remove the skins; add the butter, sugar, and yolks beaten together until light, and pour into a glass

dish. Beat the whites of the eggs until foaming, not frothy, add gradually two heaping tablespoonfuls of powdered sugar, and beat until they will stand alone; heap them on top of the gooseberries, and stand away until very cold.

ORANGE FLOAT

1 quart of water — Juice and pulp of two lemons
1 cup of sugar — 5 sweet juicy oranges
4 tablespoonfuls of corn-starch

Put the water on to boil. Moisten the corn-starch with a little cold water, then stir it into the boiling water, and cook slowly for ten minutes, stirring constantly. Take from the fire, add the sugar, lemon juice, and pulp. Cut the oranges into small pieces, remove the seeds, pour the boiling corn-starch over them, and stand away to cool. Serve cold, with sugar and cream.

This will serve eight persons.

PAIN PERDU

Cut stale bread into pieces about two inches square, dip them first in egg and then in bread crumbs, and fry in boiling fat. Serve with Nun's Butter.

RICE MERINGUE

1 cup of rice — 6 eggs
1 pint of milk — Juice of two and the grated
2 cups of sugar — rind of one lemon
2 ounces of butter

Boil the rice in one quart of water until tender, then drain in a colander; add it to the milk; add the butter, and the yolks of the eggs and sugar beaten together until light, then add juice and rind of the lemon; turn into a baking-dish, and bake in a quick oven for a half-hour. Beat the whites of the eggs until foamy, and add gradually six tablespoonfuls of powdered sugar, beating all the while, then beat until

stiff enough to stand alone. Heap this meringue over the top of the pudding, and put back in the oven to brown. Serve cold.

This is sufficient for eight persons.

RICE SOUFFLÉ

3 ounces of rice flour — 5 ounces of sugar
2 ounces of butter — ½ pint of cream
6 eggs — ¼ teaspoonful of salt
1 teaspoonful of vanilla

Put the cream on to boil in a farina boiler. Beat the butter, sugar, rice flour, and yolks of the eggs together until light, then stir them into the boiling milk, and stir continually until it thickens. Take from the fire, add the vanilla and salt. Beat the whites of the eggs to a stiff froth, stir them carefully into the other mixture, and turn into a glass dish. Serve cold.

SNOW BALLS

1 cup of rice — 1 pint of milk
1 teaspoonful of salt

Wash the rice and put it into a farina boiler with the milk. Boil until tender, add salt, and put into small cups to cool. When cold, turn out on a deep dish and pour Soft Custard Sauce around them.

TOUT FAIT

4 eggs — 3 tablespoonfuls of sugar
3 tablespoonfuls of flour — 2 tablespoonfuls of milk
Juice and rind of one lemon

Beat the yolks of the eggs to a cream, add the sugar, beat again; add the milk and the flour, beat until smooth, and strain. Add the juice, rind of the lemon, and the whites beaten to a stiff froth; turn into a greased baking-dish, dredge thickly with powdered sugar, and bake in a quick oven fifteen minutes.

This will serve four persons.

PUDDING SAUCES

BRANDY SAUCE

4 tablespoonfuls of butter
Whites of two eggs
1 cup of powdered sugar
1 gill of brandy
1 gill of boiling water

Beat the butter to a cream, add gradually the sugar, and beat until white and light; then add the whites one at a time, beating all the while. When ready to serve, add the brandy and boiling water, stand the bowl in a basin of boiling water over the fire, stir until light and creamy, and it is ready for use.

CARAMEL SAUCE

1 cup of granulated sugar
1 cup of water

Put the sugar into an iron saucepan, stir with a wooden spoon over a quick fire until the sugar melts and turns an amber color, then add the water, let boil two minutes, and turn out to cool.

CREAM SAUCE

1 pint of thick sweet cream
2 tablespoonfuls of powdered sugar
1 teaspoonful of vanilla or two tablespoonfuls of sherry
1 nutmeg, grated

Add the sugar, vanilla or wine to the cream, stir until the sugar is dissolved, add the nutmeg, and stand in a cold place until wanted.

CREAMY SAUCE

½ cup of butter
¼ cup of cream
½ cup of powdered sugar
Juice and rind of one lemon

Beat the butter to a cream, add the sugar gradually, beating all the while. When very light and creamy, add the cream a little at a time. Now place the bowl in a basin of boiling water, and stir until the sauce is smooth and creamy, no longer. It will only take a few minutes. Add lemon, and serve.

SOFT CUSTARD SAUCE

1 pint of milk
3 eggs
½ cup of powdered sugar
1 teaspoonful of vanilla

Put the milk on to boil in a farina boiler. Beat the eggs and sugar together until light and creamy, then stir them into the boiling milk, and stir over the fire until they begin to thicken,—no longer, or the sauce will curdle. Take from the fire, add the vanilla, and turn out to cool.

FOAMY SAUCE

¼ cup of butter
1 cup of powdered sugar
Whites of two eggs
1 gill of boiling water
1 gill of sherry or a teaspoonful of vanilla

Beat the butter to a cream, then add gradually the sugar, and beat until white; then add the white of one egg unbeaten, beat again, then add the remaining white, and beat the whole until *very, very* light. When ready to serve, add the sherry or vanilla and boiling water, stand the bowl in a basin of boiling water over the fire, and stir until frothy,—*no longer*. Take from the fire, and serve immediately, or it will lose its lightness.

HARD SAUCE

¼ cup of butter
1 cup of powdered sugar
1 teaspoonful of vanilla or a tablespoonful of brandy
Whites of two eggs

Beat the butter to a cream, add gradually the sugar, and beat until very light; add the whites, one at a time, and beat all until very light and frothy, then add gradually the flavoring, and beat again. Heap it on a small dish, sprinkle lightly with grated nutmeg, and stand away on the ice to harden.

FAIRY OR NUN'S BUTTER

Make the same as Hard Sauce, adding a tablespoonful of sherry instead of the brandy.

LEMON SAUCE

1 tablespoonful of corn-starch ½ cup of sugar
1 tablespoonful of butter 1 egg
1 pint of boiling water

Put the corn-starch, egg, butter, and sugar into a bowl and beat them well; now pour over them the boiling water, and stir over a fire until thick; take from the fire, and add the juice and rind of one lemon. Serve in a boat.

MADEIRA SAUCE

1 tablespoonful of butter 1 teaspoonful of caramel
1 tablespoonful of flour ½ cup of sugar
1 pint of boiling water 1 gill of Madeira

Put the butter in a saucepan, and stir it until slightly brown, then add the flour; mix until smooth; add the water; stir continually until it boils. Add the sugar and caramel, stand it over boiling water for fifteen minutes, then add the Madeira, and serve.

MONTROSE SAUCE

1 pint of cream
Yolks of three eggs
¼ cup of powdered sugar
1 heaping tablespoonful of gelatine
A teaspoonful of vanilla

Cover the gelatine with two tablespoonfuls of cold water, and soak a half-hour. Put the cream on to boil in a farina boiler. Beat the yolks and sugar together until light, then stir into the boiling cream; stir until it thickens (about one minute), add the gelatine, stir until dissolved. Take from the fire, add the vanilla and (if you use it) two tablespoonfuls of brandy and four of sherry. Mix well, and stand away to cool.

ORANGE SAUCE

Orange sauce may be made precisely the same as Lemon Sauce, using the rind of one and the juice of two oranges instead of the lemon.

PEACH SAUCE

4 large, mellow peaches
½ cup of sugar
½ cup of water
1 even tablespoonful of corn-starch
1 cup of cream
Whites of two eggs

Pare and stone the peaches; put them in a saucepan with the water and sugar, stew until tender, then press them through a colander. Put the cream on to boil in a farina boiler; moisten the corn-starch in a little cold water, and stir into the boiling cream; stir until it thickens; then beat into it the peaches and the whites of the eggs beaten to a stiff froth. Stand in a cold place until very cold.

Apricot Sauce may be made in the same manner, using canned apricots.

OUR COOKING-SCHOOL SAUCE

Yolks of three eggs
¼ pound of sugar
6 ounces of butter
1 gill of boiling water
½ pint of wine
Nutmeg to taste

Beat the butter to a cream, then add the sugar; beat again, add the yolks, and beat until perfectly light and frothy, then add the wine, water, and nutmeg. Stand the bowl in a pan of boiling water, over the fire, and stir continually for five minutes. Serve hot.

VANILLA SAUCE

1 pint of milk
Yolks of four eggs
2 tablespoonfuls of sugar
1 teaspoonful of vanilla

Put the milk on to boil in a farina boiler. Beat the yolks and the sugar together until light, then add them to the boiling milk; stir over the fire for two minutes. Take off, add the vanilla, and put away to cool.

VINEGAR SAUCE

Proceed the same as for Madeira Sauce, using a half-gill of vinegar instead of a gill of Madeira.

WINE SAUCE

Make the same as Foamy Sauce, using a gill of any wine you may like the flavor of best.

ICE CREAMS

PHILADELPHIA ICE CREAMS

To make good Philadelphia ice cream, use only the best materials. Avoid gelatine, arrowroot, or any other thickening substance. Good, pure cream, ripe fruit, or the best canned in winter, and granulated sugar, make a perfect ice cream. Next, get a good freezer, one working with a crank, and double revolving dasher, making a triple motion.

Fruit and fruit flavorings should be added to the cream after the latter is frozen. The best ice cream is made by first scalding the cream and dissolving the sugar in it while hot. When raw cream is frozen, the flavoring is not so prominent, and the cream has a frozen, snowy taste, and is never perfectly smooth and velvety. Cheaper ice creams are usually made in this way, as they swell to double their original bulk.

Before turning the mixture into the freezing-can, see that the dasher is right side up, and the can properly adjusted; then pour in the mixture, put on the cover, fasten the crank, and give it a turn to see that all is right. Pound the ice fine in a coarse bag, and get the salt, which should be coarse or rock. A four-quart freezer will require ten pounds of ice and two quarts of salt. Now put in a layer of ice about three inches deep, then a layer of salt

one inch deep, and continue this to the top of the can. Now turn the crank slowly and steadily until it goes pretty hard. If properly packed, it will take twenty to twenty-five minutes to freeze. It is not well to freeze too quickly. Water ices require a longer time than ice creams. When frozen, remove the crank, wipe the lid of the can, and take it off, being careful not to allow any salt to fall into the can; remove the dasher, and scrape it off; take a large, wooden spatula or mush stick, and scrape the cream from the sides of the can, and beat and work steadily for ten minutes; this makes the cream smooth. Now put the lid on the can, put a cork in the hole where the dasher was taken out, drain off the water from the tub, repack with salt and ice, cover the tub with a piece of carpet, and stand away in a cold place for one or two hours to ripen. When the cream is fresh, in tasting, you taste each ingredient separately, but after standing one or two hours they blend and form a pleasant whole. This is called ripening. When ready to serve, dip the can quickly in cold water and wipe it, then turn the cream out on a dish. If you wish to serve the cream in forms, after you are done working it with a wooden spatula, fill the mould or form with the cream, press it down with a spoon, being careful to fill every part of the mould. Bind the edge of the mould with a piece of letter paper, put on the lid and press it down. Dip a strip of muslin in melted butter and cover the joint. Pack the mould in salt and ice for one or two hours until wanted. If you have no freezer, an impromptu one may be made by using a tin pail for the can and a bucket or cask for the tub. In this case it will have to be stirred occasionally, while freezing, with a wooden spoon or flat stick, replacing the lid of the kettle after each stirring, and give the pail a rotary motion in the ice.

To freeze puddings, follow the same directions.

BURNT ALMOND ICE CREAM

1 quart of cream — 4 ounces of shelled almonds
½ pound of sugar — 1 teaspoonful of caramel
1 tablespoonful of vanilla — 4 tablespoonfuls of sherry

Blanch, and roast the almonds until a golden brown, then pound them in a mortar to a smooth paste. Put one-half the cream and the sugar on to boil, stir until the sugar is dissolved, then add the remaining pint of cream and the almonds; stand away to cool. When cold, add the caramel, vanilla and sherry, and freeze. When frozen, remove the dasher, repack the tub, cover with an old piece of carpet, and stand away two hours to ripen. This will serve six persons.

APRICOT ICE CREAM

1 quart of cream — ¾ pound of sugar
1 quart of apricots or one pint-can

Put half the cream on to boil in a farina boiler; when hot, add the sugar and stir until dissolved. Take from the fire, add the remaining half of the cream; and, when cold, freeze. Pare and mash the apricots, and stir them quickly into the frozen cream. Turn the crank rapidly for five minutes, then remove the dasher, repack the tub, cover, and stand away two hours to ripen.

This will serve six persons.

BANANA ICE CREAM

6 large red or eight lady fingers — 1 quart of cream
½ pound of sugar

Pare and mash the bananas. Put one pint of the cream on to boil in a farina boiler; when hot, add the sugar, stir until dissolved, and stand aside to cool. Beat and stir the bananas to a smooth paste, add them to the cream and sugar; then add the remaining pint of cream, and turn into the freezer and freeze.

This will serve eight persons.

BISQUE ICE CREAM

1 quart of good cream
¼ pound of macaroons
2 lady fingers
½ pound of sugar
4 kisses
1 teaspoonful of vanilla
1 teaspoonful of caramel.

Pound the macaroons, kisses, and lady fingers (which should be stale) through a colander. Put one pint of cream on to boil, in a farina boiler, add to it the sugar; stir until boiling hot. Take from the fire, add the remainder of the cream; and, when cold, turn into the freezer and freeze. When frozen, add the vanilla, caramel, and the pounded cakes, and (if you use it) five tablespoonfuls of sherry; beat the whole until perfectly smooth. Drain the water from the tub, add more salt and ice, remove the dasher, cover the freezer, and let stand three or four hours to ripen.

BROWN BREAD ICE CREAM

3 slices of Boston brown bread
1 quart of cream
½ pound of sugar

Toast and dry the bread in the oven, then pound it and sift it through a fine sieve. Put half the cream on to boil, add to it the sugar, stir until dissolved; add the remaining pint of cream, and stand away to cool. When cold, turn into the freezer and freeze. When frozen, beat into it the brown bread, take out the dasher, re-pack the tub, cover, and stand away to ripen.

Biscuit Ice Cream is made in precisely the same manner, using six ounces of wine biscuit, instead of the brown bread.

CARAMEL ICE CREAM

Put four ounces of granulated sugar in an iron frying-pan, and stir over the fire until the sugar melts, turns brown, boils, and smokes. Have ready one pint of boiling milk,

turn the burnt sugar into this, stir over the fire one minute, and stand away to cool. When cold, add a half-pound of sugar, one quart of cream, and one tablespoonful of vanilla-sugar or the same of the extract; mix well, and freeze. When frozen, remove the dasher, stir into the cream one pint of whipped cream, re-pack, cover, and stand for two hours to ripen.

This will serve twelve persons.

COFFEE ICE CREAM

1 quart of cream
½ pound of pulverized sugar
4 ounces of Mocha or three ounces of Java

Have the coffee ground coarsely; put it in a farina boiler with one pint of the cream and steep for ten minutes, then strain it through a fine muslin, pressing it hard to get all the strength. Add the sugar, stir until it is dissolved, add the remaining pint of cream, cool, and freeze. Remove the dasher, re-pack, cover, and stand away for two hours to ripen.

This will serve six persons.

CHOCOLATE ICE CREAM

1 quart of cream
4 ounces of sweet chocolate
¼ teaspoonful of powdered cinnamon
1 heaping tablespoonful of vanilla-sugar or one tablespoonful of the extract
½ pound of sugar

Put one-half the cream, the chocolate, sugar, cinnamon, and vanilla-sugar on to boil; stir and beat until smooth; strain, while hot, through a fine muslin, add the remaining half of the cream, cool, and freeze. Re-pack, etc., the same as in preceding recipes.

This will serve six persons.

LEMON ICE CREAM

1 quart of cream	9 ounces of sugar
The grated rind of three lemons	Juice of two lemons
	Juice of one orange

Mix the sugar, juice and rind of the lemons, and orange juice together, and stand in a cold place one hour. Put the cream into a farina boiler; and, when scalding hot, stand aside to cool. When cold, partly freeze, then add the sugar and lemon juice, which by this time should be thoroughly dissolved, turn the crank rapidly for five minutes, and finish the same as preceding recipes.

This will serve six people.

ORANGE ICE CREAM

1 quart of cream	¾ pound of sugar
Juice of six oranges	Rind of one orange

Put one-half the cream on to boil in a farina boiler, add the sugar, and stir until it is dissolved. Take from the fire; and, when cool, add the juice and rind of the oranges, and the remaining half of the cream. Turn into the freezer, and freeze. Finish the same as preceding recipes.

PEACH ICE CREAM

Make precisely the same as Apricot, using large, mellow peaches in the place of the apricots.

PINEAPPLE ICE CREAM

1 quart of cream	1 large, ripe pineapple or
1 pound of sugar	one pint-can
Juice of one lemon	

Put one pint of cream in a farina boiler with half the sugar, stir until the sugar is dissolved, take from the fire, and stand aside to cool. Pare the pineapple, take out the eyes, cut open and take out the core; then grate the flesh,

mix it with the rest of the sugar, stir until the sugar is dissolved. Add the remaining pint of cream to the sweetened cream, and freeze. Add the lemon juice to the pineapple and stir into the frozen cream, beat thoroughly, and finish as in preceding recipes.

If canned pineapple is used, add the lemon juice to it, and simply stir the whole into the cream when cold, and freeze.

This will serve eight people.

PISTACHIO ICE CREAM

1 quart of cream
½ pound of sugar
1 teaspoonful of the extract of almonds
1 quart spinach
1 heaping tablespoonful of vanilla-sugar or a teaspoonful of the extract
½ pound of shelled pistachio nuts

Wash the spinach, throw it into a kettle of boiling water, boil rapidly three minutes and drain in a colander; pound until reduced to a pulp. Squeeze the juice out through a fine muslin. Blanch and pound the nuts. Put half the cream and the sugar in a farina boiler to boil, stir until the sugar is dissolved, and stand away to cool. When cold, add the nuts, the flavoring, and the remaining cream, mix, and add sufficient spinach juice to color it a light green. Turn into the freezer, and freeze. Finish as in preceding recipes. If no spinach is at hand, clover or lawn grass may be used.

This will serve six persons.

RASPBERRY ICE CREAM

1 quart of cream
1 quart of raspberries
1 pound of sugar
Juice of one lemon

Put half the sugar and half the cream on to boil in a farina boiler; when the sugar is dissolved, stand aside to cool. Add the remaining half of the sugar and the lemon

juice to the berries, mash and stand aside one hour, then strain through a fine muslin. Add the remaining half of the cream to the sweetened cream, and freeze. When frozen, stir in the fruit juice, beat thoroughly, and finish as in preceding recipes.

If canned fruit is used, less sugar will be required.

This will serve eight persons.

STRAWBERRY ICE CREAM

Make precisely the same as Raspberry Ice Cream, omitting the lemon juice, and using one and a half quarts of berries.

VANILLA ICE CREAM

1 quart of cream ½ pound of sugar
1 vanilla bean or two tablespoonfuls of the extract

Put the sugar, half the cream, and the bean split in halves on to boil in a farina boiler; stir constantly for ten minutes. Take from the fire, take out the bean, and with a blunt knife scrape out the seeds and the soft part from the inside of the bean, being careful not to waste one drop. Mix the seeds thoroughly with the cream, and stand away to cool. When cold, add the remaining cream, and freeze. Finish as in preceding recipe.

This will serve six people.

NEAPOLITAN ICE CREAMS

Neapolitan ice creams are made the same as Philadelphia ice creams excepting the use of eggs in their composition.

CARAMEL

1 quart of cream 6 eggs
½ pound of sugar 3 tablespoonfuls of caramel
1 teaspoonful of vanilla

Beat the yolks of the eggs until creamy, then add the sugar, and beat again until very light. Whisk the whites to a

stiff froth, stir them into the yolks and sugar. Put the cream on to boil in a farina boiler; when boiling, stir in the eggs and sugar, and stir and cook until the the mixture begins to thicken. Take from the fire, strain through a fine sieve, and let stand till cold, then add the vanilla, pour into the freezer, and freeze. Finish the same as Philadelphia ice creams.

This will serve ten persons.

CHOCOLATE

1 quart of cream — 6 eggs
½ pound of sugar — A small piece of stick cinnamon
1 tablespoonful of vanilla
4 ounces of sweet chocolate

Put the cream and cinnamon on to steep in a farina boiler. Beat the yolks of the eggs and sugar together until very light. Whisk the whites of the eggs to a stiff froth, then add them to the yolks and sugar; stir this into the cream, and stir and cook until it begins to thicken. Take from the fire, strain, add the chocolate grated, and strain again. Stand away to cool. When cold, freeze and finish as in preceding recipes.

This is very nice with whipped cream served around it.

Sufficient for ten persons.

VANILLA

1 quart of cream — 1 vanilla bean or two tablespoonfuls of extract
6 eggs
¾ pound of sugar

Put the cream on to boil in a farina boiler. Split the bean, scrape out all the seeds and pulp, and mix it with the sugar. Put the outside of the bean into the cream to steep. Beat the yolks and sugar together until light, then whisk the whites to a stiff froth, stir them into the eggs and sugar, then stir them into the boiling cream. Stir over the fire

until it begins to thicken or coats a knife-blade when dipped in it. Take from the fire, strain, and stand away to cool. When cold, turn into the freezer, pack, and stir occasionally for ten minutes, until the mixture is icy cold, then beat rapidly and steadily until frozen. Finish as in preceding recipes.

This will serve ten persons.

All the fruit creams given in preceding recipes may be made in Neapolitan creams, allowing six eggs and three-quarters of a pound of sugar to every quart of cream.

TUTTI FRUTTI No. 1

1 quart of orange water-ice
½ pound of candied cherries
½ pound of candied apricots
¼ pound of candied pineapples

Chop the fruit very fine; and, when the water-ice is frozen hard enough to remove the dasher, stir in the fruit, and beat thoroughly. Cover and stand away to ripen for two hours.

This will serve eight persons.

TUTTI FRUTTI No. 2

Add one pound of mixed French candied fruit, four tablespoonfuls of sherry, and one tablespoonful of brandy to quart of Neapolitan cream.

FROZEN CUSTARD

1 quart of cream ½ pound of sugar
Yolks of six eggs 1 tablespoonful of vanilla

Put the cream on to boil in a farina boiler. Beat the yolks and sugar together until light, and stir into the boiling cream; stir continually until it thickens; take from the fire, add the vanilla, and stand aside to cool. When cold, freeze.

This will serve eight persons.

ALASKA BAKE

Cover thickly a two-quart brick mould of ice cream with a meringue made from the whites of six eggs and six tablespoonfuls of powdered sugar. Stand the dish on a board, and place it in a very quick oven to brown. The meringue acts as a non-conductor, and prevents the heat from melting the ice-cream. It may also be browned with a salamander or a heated fire-shovel.

A dainty dish for one's guests.

BISCUITS GLACÉS No. 1

1 quart of cream
Yolks of six eggs
½ pound of sugar
1 teaspoonful of vanilla
¼ teaspoonful of salt
1 gill of maraschino

Put half the cream on to boil. Beat the sugar and yolks together until *very, very* light, then stir them into the boiling cream, and stir over the fire until it begins to thicken. Take from the fire, and put aside to cool. When cold, add the vanilla and maraschino, and freeze in the usual manner. Whip the remaining pint of cream to a stiff froth, and stir into the frozen mixture. Fill individual moulds or paper cases with the biscuit (the name now given to this mixture), pack in salt and ice, and freeze two hours.

BISCUITS GLACÉS No. 2

¾ pound of sugar
1 pint of cream
1 pint of water
1 tablespoonful of vanilla
Yolks of six eggs
1 gill of sherry
2 tablespoonfuls of brandy

Put the sugar and water on to boil, and boil to a syrup; that is, when you dip a spoon into the syrup, and then hold it in the air, the drops, as they fall from the side of the spoon, spin threads. Beat the yolks of the eggs to a cream, add them to the boiling syrup, and beat with a whisk over the fire until it forms a custard that will thickly coat a knife, then strain through a sieve into a large bowl, and whisk

again until stiff and cold, then add the flavoring. Whip the cream, and stir it carefully into this mixture; fill paper cases or individual moulds. Pack the moulds in salt and ice, and freeze two hours. If paper cases, stand them in the bottom of the freezer, put sheets of paper between each layer, pack the freezer with salt and ice, and stand away for three hours.

BOMBE GLACÉ

Pack a bombe glacé mould in salt and ice, remove the lid, and line the mould about one inch thick with either Vanilla Ice Cream or Strawberry Water-Ice, fill the centre with Biscuit Glacé Mixture, No. 2, which must be icy cold, put on the lid, cover with salt and ice, and stand away to freeze three or four hours.

ICED CAKE

Make a plain cup cake, and bake it in a deep, square mould. The cake should be at least seven inches thick when done. Make a Frozen Custard (see recipe). When ready to serve, cut off the top of the cake, and take out the centre, leaving a bottom and wall about one inch thick. Fill this space with the Frozen Custard; now put the top back; if it is high in the centre, cut the elevation off, and take the bottom of the cake for the top. Serve with cold Brandy Sauce poured around it.

CAFÉ PARFAIT

1 quart of thick cream 1 gill of black coffee
½ cup of powdered sugar

Add the coffee and sugar to the cream, then whip the whole to a froth; as fast as the froth comes to the surface, skim it off and place in a colander to drain. That which drains off may be turned back and whipped over. When you have it all whipped, turn it carefully into an ice-cream mould, press the lid down tightly, bind the joint with a

strip of buttered muslin, pack in salt and ice, and freeze three hours.

This is as simple as it sounds, and always turns out well.

The above will serve eight persons.

STRAWBERRY PARFAIT

1 quart of cream — 1 pint of canned strawberries or a
Sugar to taste — half-pint of strawberry juice

Whip the cream to a froth, as directed in Café Parfait, then add the strawberry juice and sugar, mix carefully, and finish same as Café Parfait. If canned strawberries are used, they must be pressed through a colander.

Parfait may be made from any flavoring or fruit desired, the parfait taking the name of the flavoring or fruit used, as Chocolate Parfait, Vanilla Parfait, etc.

ORANGE SOUFFLÉ (FROZEN)

1 quart of cream — 1 pint of orange juice
Yolks of six eggs — ½ box of gelatine
1 pound of sugar

Cover the gelatine with a half-cup of cold water, and soak one hour; then add a half-cup of boiling water, and stir until dissolved. Mix the orange juice and sugar together until they form a syrup. Beat the yolks of the eggs to a cream. Whip the cream. Now mix the syrup and yolks together in a tin basin, stand the basin in a pan of ice-water, strain the gelatine into it, and stir carefully until it begins to thicken, then stir in lightly and hastily the whipped cream, turn into an ice-cream mould, pack in salt and ice, and freeze two hours.

This should not be frozen as hard as ice cream.

Serve with Montrose Sauce poured around it.

This will serve ten people. By changing the flavoring and adding sugar acordingly, endless varieties of soufflés may be made from this recipe.

WATER-ICES AND SHERBETS

In all recipes where the sugar and water are boiled, the time must be noted exactly, the scum removed from the syrup, and the syrup strained through a fine cloth while hot, and then cooled before adding the fruit juice, or the true flavor will be lost. The freezer must be packed according to directions given for freezing ice cream. Turn the crank very slowly for a few minutes, then rest for about five minutes, turn slowly again and again rest and continue this until the water-ice is frozen pretty hard. A much longer time is required for freezing water-ice than ice cream. When you can turn no longer, take out the dasher, scrape down the sides of the can, and give the water-ice a thorough beating with a paddle. Put a cork in the lid of the can, draw the water from the tub, re-pack it, cover with an old piece of carpet, and stand away two or three hours to ripen, that is, to become mellow and smooth.

Fruit jelly may be used in the place of fresh fruit, allowing one pint of jelly and a half-pound of sugar to every quart of water.

If you wish a sherbet instead of a water-ice, proceed exactly the same until you put it in the freezer, then turn the dasher rapidly and steadily until the mixture is frozen pretty hard. Then remove the dasher, beat the white of

one egg to a froth, add one tablespoonful of powdered sugar, and beat again until it will stand alone. Stir this into the sherbet, beat well, cover, and stand away to ripen.

TO MOULD

When the sherbet or ice is to be served in a form, wet the mould with cold water, fill it with the frozen mixture, pack down well into all the designs, put a piece of white letter paper over the open end, put on the lid and press it down tightly, then pack in salt and ice. When ready to serve, wash in cold water, remove the lid, and turn the sherbet out on a plate. If it should stick, wait a moment, and perhaps the heat of the room will loosen it; if not, wash again with water. Do not dip the mould in hot water, for, no matter how quickly it is done, it spoils the shape of the form.

CHERRY WATER-ICE

1½ quarts of pie or morello cherries	1 pound of sugar 1 pint of water

Stone the cherries, and mash them. Crack one dozen stones, take out the kernels, bruise them and work to a paste, then add them to the cherries, let them stand for an hour and strain through a bag under pressure. Boil the sugar and water together for five minutes, then stand aside to cool. When cold, mix with the cherry juice, and freeze. (See rule for freezing.)

This will serve six persons.

CURRANT WATER-ICE

Make the same as Cherry Water-Ice, using one pint of red currant juice, one pound of sugar, and one pint of boiling water.

GRAPE WATER-ICE

1 quart of water 1 pint of grape juice
1 pound of sugar

Boil the sugar and water together for five minutes. Pulp the grapes and add the pulps and skins to the syrup, then press through a sieve, being careful not to mash the seeds. When cold, turn into the freezer, and freeze.

This will serve ten persons.

GINGER WATER-ICE

6 ounces of preserved ginger
1 quart of Lemon Water-Ice

Pound four ounces of ginger to a paste. Cut the remaining two ounces into very thin slices, and stir into the water-ice; beat until thoroughly mixed. Cover, and stand away to ripen.

LEMON WATER-ICE

4 nice juicy lemons 1 orange
1 quart of water 1¼ pounds of sugar

Put the sugar and water on to boil; chip the yellow rind from three lemons and the orange, add to the syrup, boil five minutes, and stand away to cool. Peel the oranges and lemons, cut them in halves, take out the seeds, and squeeze out all the juice; mix this with the syrup, strain through a cloth, turn into the freezer, and freeze.

This will serve six persons.

ORANGE WATER-ICE

12 large oranges 1 pint of sugar
1 quart of water

Make the same as Lemon Water-Ice, chipping the rinds from three oranges.

PINEAPPLE WATER-ICE

For this use the large, yellow pineapples.

2 large pineapples or one quart-can — 1½ pounds of sugar
1 quart of water
Juice of two lemons

Pare the pineapples; cut them open and take out the cores, which should not be used. Grate the pineapples and strain the pulp through a French sieve, pressing it hard to get all the juice; add the sugar to this juice, stir until dissolved; then add the lemon juice and water, turn into the freezer, and freeze.

This will serve ten persons.

POMEGRANATE WATER-ICE

1 dozen pomegranates — 1 pint of water
1 pound of sugar

Peel the pomegranates; remove the seeds carefully from the inside bitter skin, press the pulp through a sieve without mashing the seeds; add the sugar to the juice, and stir until dissolved; then add the water, strain, turn into the freezer, and freeze.

This will serve six persons.

RASPBERRY WATER-ICE

1 quart of red raspberries — Juice of two lemons
1 quart of water — 1 pound of sugar

Add the sugar and lemon juice to the berries, stir, and let stand one hour; then press through a sieve, then add the water, turn into a freezer, and freeze.

This will serve eight persons.

STRAWBERRY WATER-ICE

1 quart of red strawberries — 1 quart of water
1 pound of sugar — Juice of two lemons

Add the sugar and lemon juice to the strawberries, then

mash them, and stand aside one hour; then strain through a fine sieve, add the water, and turn into the freezer to freeze.

This will serve eight persons.

ORANGE SHERBET

Juice of twelve oranges — 1 pint of sugar
2 tablespoonfuls of gelatine — 1 quart of boiling water

Cover the gelatine with cold water and soak a half-hour; then add the boiling water and sugar, and stir over the fire until it boils. Stand out to cool. When cold, add the orange juice, and strain through a fine sieve. Let stand until cold, turn into a freezer, and freeze (see rule for freezing).

FROZEN FRUITS

Frozen fruits are mixed and frozen the same as water-ice, mashing or cutting the fruits, and using them without straining.

If canned fruits are used, only half the quantity of sugar given in the recipes for fresh fruits will be required.

FROZEN APRICOTS

1 quart-can of apricots — 1 cup of sugar
2 tablespoonfuls of gelatine — 1 pint of cream

Drain the apricots, cut them up with a silver spoon, and remove the stones. Add the sugar to the syrup, and sufficient water to make one and a half pints. Cover the gelatine with cold water and soak a half-hour. Boil the water, sugar and syrup together for five minutes; skim carefully, add the gelatine, stir until dissolved, add the apricots and stand aside to cool. When cold, pour into the freezer, and freeze. When frozen, add the cream, whipped, remove

the dasher, cover the tub, and stand away two hours to ripen.

This will serve ten persons.

FROZEN BANANAS

1 dozen red-skin bananas — 1 pint of water
1 pound of sugar — Juice of two oranges
1 pint of cream

Peel the bananas, cut them in slices with a *silver* knife, then mash them fine. Boil the water and sugar together for five minutes; strain; and, when cool, add the orange juice and bananas. Put into the freezer, and turn slowly until frozen; then remove the dasher, and stir in carefully one pint of cream, whipped.

This will serve eight persons.

FROZEN CHERRIES

2 quarts of pie or morello cherries, or one quart-can — 2 pounds of sugar
1 quart of water

Stone the cherries, mix them with the sugar, and stand aside one hour; then stir until the sugar is thoroughly dissolved; add the water, put into the freezer, and turn rapidly until frozen.

This will serve ten persons.

FROZEN MIXED FRUITS No. 1

1 pint of sour plums — 1 quart of water
12 peaches — 6 peach kernels
1 pound of sugar

Pare the peaches and chop them fine with a silver spoon. Scald the plums, remove the skins and stones, mash the plums, and add them to the peaches. Mash the kernels to a paste, add them and the sugar to the fruit; let stand one hour; then add the water, and stir until the sugar is dissolved; then turn into the freezer and freeze.

This will serve ten persons.

FROZEN MIXED FRUITS No. 2

1 pint of strawberries — 1 pint of red carrants
1 pint of raspberries — Juice of two lemons
1 pint of water — 1½ pounds of sugar

Mash the fruit; add the sugar and lemon juice; let stand one hour; add the water, stir until the sugar is dissolved, then turn into the freezer, and freeze.

This will serve eight persons.

FROZEN ORANGES.

1 dozen oranges — 1 quart of water
Juice of two lemons — 1 pound of sugar

Rub the rind of three oranges well into the sugar; then peel all the oranges, open the sections and take out all the pulp; then add to it the sugar and lemon juice; stand aside one hour; then add the water, stir until the sugar is dissolved; then turn into the freezer, and freeze.

This will serve eight persons.

FROZEN PEACHES

2 pounds of peaches — 6 peach kernels
1 quart of water — 1½ pounds of sugar

Pare the peaches and take out the stones. Pound the kernels to a paste, add them to the sugar, then boil the sugar and water together for five minutes, then strain and stand away to cool. When cold, add to it the peaches, mashed, turn into the freezer, and freeze. A half-teaspoonful of cochineal may be added if the peaches are colorless.

This will serve ten persons.

FROZEN PINEAPPLE

2 large rose pineapples — 1 quart of water
2 pounds of sugar

Pare the pineapples, cut out the eyes, cut open, and remove the cores. Grate the flesh, add the sugar and water, stir until the sugar is dissolved, turn into the freezer, and freeze.

This will serve ten persons.

FROZEN RASPBERRIES

1 quart of raspberries
Juice of two lemons
1 pound of sugar
1 quart of water

Add the sugar and lemon juice to the berries, then mash them with a potato masher; let stand one hour, then add the water, stir until the sugar is dissolved, turn into the freezer, and freeze.

This will serve eight persons.

FROZEN STRAWBERRIES

1 quart of strawberries
Juice of two lemons
1 pound of sugar
1 quart of water

Add the sugar and lemon juice to the berries; let stand one hour; then mash the berries, add the water, stir until the sugar is thoroughly dissolved, turn into the freezer, and freeze.

This will serve eight persons.

FROZEN PUNCH

6 lemons
2 oranges
½ pint of champagne
1 pint of water
1 gill of rum
1 pound of pulverized sugar
½ gill of brandy

Peel the oranges and lemons, then squeeze out all the juice, add the liquors and sugar, and stir until the sugar is dissolved; then add the water, put into the freezer, and turn slowly and steadily until the mixture is partly frozen. It will require a long time to freeze, and should not be frozen hard. Remove the dasher, cover, and stand away two hours to ripen. This will fill twelve glasses.

ROMAN PUNCH

1 quart of lemon water-ice ½ pint of Jamaica rum
½ pint of champagne 1 gill of maraschino
1 teaspoonful of vanilla

Have the lemon water-ice frozen very hard, thin it slowly with the liquors, beat well. Pack and cover the freezer well, stand it away four or five hours to ripen. It must not be frozen hard, as it is better when served rather liquid and frothy. Serve in glasses.

FROZEN COFFEE

1 quart of water ½ pound of sugar
4 heaping tablespoonfuls of ground coffee

The coffee should be ground very fine, then put in a farina boiler. Add one quart of *freshly boiled* water, and steep for fifteen minutes, then strain through a very fine muslin, add the sugar, and stir until dissolved. Turn into the freezer, add one tablespoonful of the white of egg, and freeze until the consistency of soft mush. Serve in goblets.

Frozen tea may be made in the same way.

JELLIES

GELATINE JELLIES

LEMON JELLY

1 box of gelatine
1 pound of sugar
3 large lemons
1 quart of boiling water
1 pint of cold water

Cover the gelatine with the cold water, and let soak one hour; then add the boiling water, sugar and lemon juice, and stir until the sugar is dissolved; strain, and stand in a cold place to harden.

ORANGE JELLY

Make the same as Lemon Jelly, using one pint of boiling water and one pint of orange juice.

WINE JELLY

1 box of gelatine
1 pint of sherry
½ pint of cold water
1 pint of boiling water

Cover the gelatine with the cold water, and let it soak one hour, then add the boiling water and sugar, and stir until the sugar is dissolved; add the wine, strain through a flannel, turn into forms, and stand away to harden.

PORT JELLY

Make the same as Wine Jelly, using one pint of port wine. This makes a very dark jelly.

BRANDY JELLY

Make the same as Wine Jelly, using a half-pint of wine, and a half-pint of brandy, instead of the one pint of wine.

CARDINAL JELLY

1 box of gelatine
½ pint of sherry
1 pint of boiling water
1 pint of cranberry juice
½ pint of cold water
1 pound of sugar

Cover the gelatine with the cold water, and let soak one hour; then add the sugar and boiling water, stir until the sugar is dissolved, then add the wine. Put one quart of cranberries in a porcelain-lined kettle, and stand them over the back part of the stove until thoroughly heated, then mash them, and squeeze through a flannel bag; add one pint of this juice to the jelly, and strain the whole through the jelly-bag. Stand away to cool.

A GOOD MIXED JELLY

1 box of gelatine
Juice of two lemons
½ pint of sherry
½ pint of cold water
1 pound of sugar
Juice of two oranges
1 gill of brandy
1 quart of boiling water

Cover the gelatine with cold water, and let soak one hour; then add the sugar and boiling water, stir until the sugar is dissolved; then add the lemon and orange juice, the sherry and brandy. Strain through a flannel jelly-bag, and stand away to harden.

ROCK-WORK OF JELLY

Make a Cardinal and Lemon Jelly, pour each in a large tin basin, and stand in a cold place over night. When ready to use, cut the jelly into blocks and heap on a round, flat dish, using dark and light jellies alternately. Garnish with smilax studded with carnations.

This makes a very handsome dish to serve with sweetmeats.

CALF'S FOOT JELLY

4 calves' feet
6 quarts of cold water
Juice of four lemons
2 inches of stick cinnamon
1 pound of white sugar
Juice of two oranges
Whites and shells of two eggs

Clean the feet, wash and scrub them well in cold water. Put them in a soup kettle with the cold water, and *simmer* slowly for eight hours. It should be reduced to two quarts. When done, strain the liquid into an earthen bowl, and stand it away until next day. In the morning, remove all the fat from the surface, and the sediment from the bottom of the jelly. Now put it in a kettle, and stand it over the fire; add the cinnamon, sugar, lemon and orange juice, the whites of the eggs slightly beaten, and the shells crushed. Mix all the ingredients well together, and boil it hard, without stirring, twenty minutes. Now throw in a gill of cold water, let it come again to a boil; then stand it on the side of the range, and keep it closely covered for a half-hour. Dip a flannel jelly-bag into boiling water, and hang it where a bowl can be placed underneath. Now pour the jelly into the bag carefully, and let it drip slowly. On no account must you squeeze or touch the bag, as this clouds the jelly at once. Turn it into moulds, and stand in a cold place.

If you use wine, a half-pint of sherry may be added before putting it into the moulds.

ASPIC JELLY

1 pound of uncooked beef
A knuckle of veal
¼ pound of bacon
1 slice of turnip
1 slice of parsnip
2 cloves
1 large tablespoonful of butter
1 onion
½ carrot
A stalk of celery
6 pepper-corns

1 blade of mace
A chip of lemon rind
2 quarts of water
3 whole allspice
1 tablespoonful of Worcestershire sauce
Salt to taste

Put the bacon in the bottom of a soup kettle, let it brown, then add the onion cut in slices; stir until a nice brown; then add the butter, and, when hot, the beef; cover the kettle and let it *simmer* until a thick brown glaze is formed in the bottom of the kettle; then add the veal and the water, and *simmer* gently for two hours. Now add the vegetables, Worcestershire sauce, spices, and lemon rind, and *simmer* two hours longer. When done, it should be reduced one-half. Strain and clarify the same as Bouillon. Turn into a square mould or the small aspic jelly moulds. If you use a large mould, cut the jelly into blocks.

This is used as a garnish for Beef à la Mode, Boned Turkey, or any other cold-meat dish.

FRUIT JELLIES

APPLE JELLY

Lady blush or fall pippins are best for jelly. The first make a bright-red jelly, and the latter an almost white jelly.

Wipe the fruit, cut it into pieces without paring or removing the seeds. Put into a porcelain-lined kettle and barely cover with cold water; cover the kettle, and boil slowly until the apples are very tender; then drain them through a flannel jelly-bag—do not squeeze, or the jelly will be cloudy. To every pint of this juice allow one pound of granulated sugar. Put the juice into a porcelain-lined kettle, and bring it quickly to a boil; add the sugar, stir until the sugar is dissolved, then boil rapidly and continuously until it jellies, skimming the scum as it comes to the

surface ; twenty minutes is usually sufficient, but sometimes I have boiled it thirty-five minutes before it would jelly properly. It is wise to commence testing after fifteen minutes' boiling. To do this, take out one teaspoonful of the boiling jelly, pour it into the bottom of a saucer, and stand it in a cold place for a moment ; then scrape it one side with a spoon—if jellied, the surface will be partly solid ; if not, boil a few minutes longer, and try again. As soon as it jellies, roll the tumblers quickly in boiling water, then fill them with the boiling liquid. Stand aside until cold and firm (about twenty-four hours). Then, if you have jelly-tumblers, put on the lids ; if not, cover with two thicknesses of tissue paper, and paste the edges of the paper down over the edge of the tumbler. Then moisten the top of the paper with a sponge dipped in cold water. This moistening stretches the paper, so that when it dries again it shrinks and forms a covering as tight and smooth as bladder skin. I do not recommend jelly being covered with brandied paper, as in my hands it has never been satisfactory. The jelly, in cooling, forms its own air-proof covering, and if the top of the tumbler be well secured, it is all that is necessary. Keep in a cool, dark place.

CRAB APPLE JELLY

Cut the large Siberian crab apples into halves, and then into quarters, and to every five pounds of apples allow one pint of water. Proceed and finish precisely the same as for Apple Jelly.

BLACKBERRY JELLY

The uncultivated blackberries are best for jelly, and should be rather under- than over-ripe. Put the berries into a stone jar, stand it in a kettle of cold water, cover the top

of the jar, and boil slowly for one hour, or until the berries are quite soft. Now put a small quantity at a time into your jelly-bag, and squeeze out all the juice. Measure the juice, and to each pint allow one pound of granulated sugar. Turn the juice into a porcelain-lined kettle, and stand over a brisk fire. Put the sugar into earthen dishes and stand them in the oven to heat. Boil the juice rapidly and continuously for twenty minutes, then turn in the sugar, hastily stirring all the while until the sugar is dissolved. Dip your tumblers quickly into hot water, watch the liquid carefully, and, as soon as it comes again to a boil, take it from the fire and fill the tumblers.

If the fruit is over-ripe, your jelly will never be firm, no matter how long you boil it.

Follow these directions carefully, and you will never fail.

CHERRY JELLY

For Cherry Jelly, use the pie or morello cherry, and proceed the same as for Blackberry Jelly.

CRANBERRY JELLY

1 quart of cranberries 1 pound of sugar
½ pint of water

Wash the cranberries and put them on with the water to boil for ten minutes, then mash and squeeze through a flannel bag. Return the juice to the kettle, add the sugar, boil rapidly and continuously for about fifteen minutes, or until it jellies, and turn out to cool.

CURRANT JELLY

Select currants that have been freshly picked and are not too ripe. If they are sandy, wash them, but do not stem. Mash a small quantity at a time in a stone jar, with a

potato-masher, squeeze through a flannel bag, then strain again without squeezing, that the liquid may be *perfectly* clear. Turn the liquid into a porcelain-lined kettle, stand over a brisk fire. Put the sugar into earthen basins, and put in the oven to heat. Boil the juice twenty minutes after it begins to boil, then stir in hastily the hot sugar, and stir until the sugar is dissolved, no longer. Skim thoroughly, bring it quickly to a boil again, and boil two minutes. Dip the tumblers into hot water, fill them with the boiling liquid, and stand away for twenty-four hours to jelly. If it is not then sufficiently jellied, cover the tumblers with common window-glass and stand in the sun several days. Then cover with tissue paper as directed for Blackberry Jelly.

DAMSON JELLY

Make precisely the same as Blackberry Jelly.

GRAPE JELLY

For this use ripe Concord, Isabella, or Clinton grapes. They should be freshly picked, and with the bloom on.

Make precisely the same as Blackberry Jelly.

GREEN GRAPE JELLY

Fox grapes are the best for this. Stem the grapes, put them in a porcelain-lined kettle, barely cover with cold water, and finish the same as Apple Jelly.

PEACH JELLY

Pare, stone, and slice the peaches, put them into a stone jar, and to each half-peck of peaches, allow one cup of water. Crack a dozen of the kernels and throw them in with the peaches. Stand the jar in a kettle of boiling

water, cover closely, and boil for one hour, stirring until the fruit is well broken, then turn into a flannel jelly-bag, and hang up to drip. To every pound of this juice allow the juice of one lemon and one pound of granulated sugar. Finish the same as Apple Jelly.

PEAR JELLY

Make precisely the same as Apple Jelly. This is very difficult to make.

PLUM JELLY

For this use the common blue plums. Wash them in cold water, put them into a porcelain-lined kettle, and to each half-peck allow a pint of water; cover the kettle, and stew slowly until the plums are boiled to pieces; then turn into a flannel jelly-bag and let drip slowly; do not squeeze, or the jelly will be cloudy. Finish the same as Apple Jelly.

QUINCE JELLY

Wipe the fruit, cut it in halves, then in quarters, remove the seeds but do not pare. Now cut the quinces into thin slices, and finish the same as Apple Jelly.

The better way is to use the nice pieces for canning or preserving, and save the parings and knotty pieces for jelly, always rejecting the seeds, as they prevent the jelly from being clear and firm.

RASPBERRY JELLY

Make precisely the same as Blackberry Jelly.

STRAWBERRY JELLY

Make precisely the same as Blackberry Jelly.

PLAIN CAKES, BUNS, ETC.

BREAD CAKE

1 pint of bread dough
1 cup of sugar
2 eggs
2 ounces of butter
1 teaspoonful of vanilla

Take the dough at the second kneading, put it into a large bowl, and add all the other ingredients. Beat with the hand until smooth and free from strings, then turn into a greased pan, cover, and stand in a warm place (72° Fahr.) until light (this will take about two hours). Bake in a moderately quick oven about three-quarters of an hour.

MORAVIAN SUGAR CAKE

½ pound of brown sugar
1 pint of milk
2 eggs
½ cup of yeast or half of a compressed cake
6 ounces of butter
3 pints of flour
2 tablespoonfuls of powdered cinnamon
1 teaspoonful of salt

Cut four ounces of the butter into small pieces, add it to the milk, turn into a farina boiler, and stir over the fire until the milk is scalding hot and the butter melted. Sift the flour into a large bowl. When the milk is lukewarm, add the yeast and salt. Make a well in the centre of the flour, pour into it the milk, and stir in sufficient flour to make a thin batter; cover, and set in a warm place until

very light (this will take about two hours and a half). When light, add the eggs well beaten, half the cinnamon, and half the sugar; then stir in the remainder of the flour. Beat it very hard, pour into a greased, shallow, baking-pan and set it again to rise. Mix the remaining sugar and cinnamon until smooth and light. When the cake is light, make deep holes at equal distances all over it, filling each hole as soon as it is made, with a teaspoonful of the paste. Dust the cake heavily with powdered sugar, and bake in a moderately quick oven one hour.

RUSK

1 pint of milk
2 ounces of butter or lard
2 eggs
1 cup of sugar
½ cup of yeast

Put the milk on to scald in a farina boiler, add the butter or lard and the eggs well beaten. When lukewarm, add the sugar, pour into a large bowl, add a half-teaspoonful of salt and sufficient flour to make a thin batter. Beat continuously for five minutes, cover and stand in a warm place (72° Fahr.) over night. In the morning, add sufficient flour to make a soft dough. Knead lightly for ten minutes, put back in the bowl, cover, and set again to rise. When light, pinch off about a tablespoonful of the dough, form into a ball with the fingers, stand in greased pans, cover, and set again to rise. When light, brush the tops over with a little milk or the white of an egg. This makes a nice brown crust. Bake in a quick oven twenty minutes.

SPANISH BUN

½ pound of butter
½ pound of sugar
½ pound of currants
3 eggs
½ pint of cream
1 gill of yeast
1 teaspoonful of cinnamon
1 nutmeg, grated
¼ teaspoonful of mace
1 pound of flour

Warm the cream gently, take it from the fire, add the but-

ter cut into dice. Beat the eggs until very light, stir them into the cream ; then add the sugar, slowly, stirring all the time; then add the flour, spices, and yeast ; give a thorough beating, and add the currants well floured. Pour into a square baking-pan, well greased (the batter should be about one inch thick), cover, and stand in a warm place to rise for four or five hours. When it has doubled its bulk, place in a moderately quick oven, and bake one hour. When done, turn from the pan, dust with powdered sugar, and use while fresh.

SWING FELLOWS

Make the same as Rusk, and, when light enough for the pans, instead of making into balls, take off a piece the size of a coffee-cup, roll it out the size of a tin pie dish, and about one inch thick, place it on a greased pie dish, make holes about one inch apart all over the top, put a small bit of butter, a teaspoonful of sugar, and a little cinnamon in each hole. Set away until light, and bake in a moderately quick oven twenty minutes.

BATH BUNS

1 pint of milk	½ cup of yeast or half of a compressed cake dissolved in a half-cup of lukewarm water
1 cup of butter	
Yolks of six egg	
1½ quarts of sifted flour	
½ cup of currants	½ cup of chopped citron
½ cup of sugar	1 teaspoonful of cinnamon

Boil the milk, add the butter while hot, and let it stand until blood-warm (98° Fahr.), then stir in the yeast and flour. Beat well, cover, and let stand in a warm place (70° Fahr.) until morning. In the morning, beat the sugar and yolks together, add them and the cinnamon to the sponge.

Wash and rub the currants, then dry them in a towel, flour them, then add them and the citron. Work with the hand until thoroughly mixed. Now add flour until you can take the dough out on a board. Roll out, cut with a round cutter, put in greased pans, cover, and set away in a warm place (72° Fahr.) until very light. Bake in a quick oven (300° Fahr.) thirty-five minutes.

CINNAMON BUN

2 ounces of butter — 1 teaspoonful of salt
3 eggs — 1 pint of milk
½ cup of yeast or half of a compressed cake

Put the milk in a farina boiler to scald. Beat the eggs until light, pour over them the milk, add the butter, and let stand until lukewarm; then add the yeast and salt and sufficient flour to make a thin batter. Beat thoroughly and continuously for five minutes; cover, and stand in a warm place over night. In the morning, add one cupful of flour, beat thoroughly, and then add sufficient flour, a little at a time, working all the while with the hand, to make a soft dough. Take out on the baking-board and knead lightly for ten minutes (it must not be as stiff as bread). Put back into the bowl, cover, and let stand in a warm place until very light. Then take about one-half of this dough out on the baking-board, roll it out into a thin sheet, spread lightly with butter, cover thickly with sugar, sprinkle with dried currants and cinnamon, and roll tightly in a long roll. Cut through this roll about each two inches, place the buns flat, closely together in a greased pan. Roll out the remaining dough in the same manner, cover, and stand again in a warm place until very light. Bake in a moderately quick oven for about a half-hour. Turn them out of the pan while hot.

KRAPFEN

1 pint of bread dough	¼ cup of citron, cut fine
2 eggs	1 cup of sugar
½ nutmeg, grated	½ teaspoonful of cinnamon
2 ounces of butter	

Take the dough at the second kneading and measure it. Put it into a large bowl with the cinnamon, butter, sugar, eggs, and nutmeg. Beat with the hand until free from any strings, then add the fruit well floured, turn it into a greased pan, cover, and stand in a warm place (72° Fahr.) until light (this will take about two hours). Bake in a moderate oven three-quarters of an hour.

FANCY CAKES

In making cake, accuracy in proportioning the ingredients is indispensable. Success usually follows those who are attentive to each detail. The baking is usually the most difficult part. It is useless to attempt to make good, light cakes unless the eggs are perfectly fresh, and you have good, sweet butter and fine flour.

HINTS TO BE REMEMBERED

Never beat the butter, sugar, or eggs in a tin basin. Use an earthen bowl and a wooden spoon.

Measure everything carefully before beginning.

Always beat the whites and yolks of eggs separately.

Powdered sugar makes a lighter cake than granulated.

Measure the flour after sifting, unless the recipe says otherwise.

Use judgment about the thickness of the batter, as flour differs in thickening qualities. When the cake rises in the centre, and cracks open, and remains that way, you may be sure you have used too much flour.

When a recipe calls for a teaspoonful of baking-powder, you can always use in its place one teaspoonful of cream of tartar, and a half-teaspoonful of soda. Sift the

cream of tartar in the flour; dissolve the soda in a tablespoonful of boiling water, and add it to the cake before the whites of the eggs.

Currants should be cleaned, washed and dried, and then floured before using. Raisins should be seeded and floured.

Lard is best to grease the cake pans, as butter sticks and burn easily.

Have the oven ready to receive the cake as soon as it is mixed. The oven can wait for the cake, but the cake can *never* wait for the oven.

Cakes without butter require a quick oven; with butter, a moderate oven.

Cookies or small cakes require a moderately quick oven; molasses cakes, careful watching, in a moderately quick oven, as they scorch easily.

If your cake browns as soon as you put it in the oven, the oven is too hot; cool it as quickly as possible by lifting a lid, and cover the cake with a piece of paper. The cake will not be so nice, but it is the best you can do.

Never move a cake in the oven until the centre is thoroughly set.

Do not put anything in the oven while a cake is baking or it will surely fall.

When you look at the cake while baking, do it as quickly as possible, and shut the door carefully.

In the recipes the time required for baking is given as nearly as possible, but never take a cake out unless you are sure it is done. If you have doubts, run a broom-splint through the centre, and if no dough adheres, the cake is done. Or put your ear to the cake, if it ticks loudly, put it back, it is not done; if the ticking is very faint, it is done.

If the oven is at the proper temperature you can hold your bare hand in the hottest part, while you slowly count thirty (about twenty seconds).

It is always well to line the cake-pans with greased paper to prevent burning at the bottom, and it will also aid you in removing the cake.

When the cake is done, turn it out gently on a sieve or cloth, remove the paper, and allow it to cool. Never handle while hot.

Use cups of the same size to measure all the materials.

Never melt or warm the butter, but beat it to a cream. Add to all cakes a quarter-teaspoonful of salt.

CHOCOLATE CAKE

2 ounces of chocolate
4 eggs
½ cup of milk
1 teaspoonful of vanilla
½ cup of butter
1½ cups of sugar
1 heaping teaspoonful of baking-powder
1¾ cups of flour

Dissolve the chocolate in five tablespoonfuls of boiling water. Beat the butter to a cream, add gradually the sugar, beating all the while; add the yolks, beat again, then the milk, then the melted chocolate and flour. Give the whole a vigorous beating. Now beat the whites of the eggs to a stiff froth, and stir them carefully into the mixture; add the vanilla and baking-powder. Mix quickly and lightly, turn into a greased cake-pan, and bake in a moderate oven forty-five minutes.

GRAFTON CAKE

1½ cups of sugar
1 cup of water
2 tablespoonfuls (or two ounces) of butter
2 eggs
3 cups of flour
1 heaping teaspoonful of baking-powder
¼ of a nutmeg, grated

Beat the yolks, sugar, and butter together until light, then

add the water and half the flour, beat until smooth; add the well-beaten whites, and the remainder of the flour, then the baking-powder and nutmeg. Mix all well together, and bake in a moderate oven three-quarters of an hour.

CAKE WITHOUT EGGS

1½ cups of sugar
2 cups of flour
1 teaspoonful of baking-powder
1 cup of milk
2 tablespoonfuls (or two ounces) of butter
1 teaspoonful of flavoring

Beat the butter and sugar to a cream, add the milk and flour, and beat vigorously; add the salt, flavoring and baking-powder; mix well, and bake in a moderate oven about thirty minutes.

BUTTERMILK CAKE

1 cup of butter
3 cups of sugar
5 cups of flour
2 cups of buttermilk
½ teaspoonful of soda or saleratus
4 eggs

Beat the butter to a cream, then add the sugar and the yolks of the eggs; beat again until very light. Mash the soda or saleratus, add it to the buttermilk, stir until dissolved, then add to the other mixture. Add the flour, beat until smooth, then stir in quickly the well-beaten whites. Bake in a moderate oven about three-quarters of an hour.

INDIAN LOAF CAKE

1 pound of Indian meal
¼ pound of raisins
½ pound of sugar
¼ pound of butter
¼ pound of currants
2 eggs

Cut the butter into the meal, and pour over it sufficient boiling milk to make a stiff batter. Beat the eggs all together until very light. When the batter is cool, add the eggs and sugar. Seed the raisins; wash, pick and dry the currants; mix the fruit and flour them well, stir them into the batter, and bake in a very slow oven two hours.

PORK CAKE

1 cup of fat pork, chopped fine
1 cup of milk
4 cups of flour
1 cup of raisins
1 cup of molasses
½ teaspoonful of soda or saleratus
½ teaspoonful of salt

Seed the raisins and flour them well. Mash the soda, dissolve it in a tablespoonful of boiling water, add it to the molasses, then add the milk, pork and flour; beat thoroughly, add the raisins and salt, mix thoroughly, and bake in a moderate oven one hour.

DRIED FRUIT CAKE

3 cups of dried apples or any other dried fruit
¾ cup of butter
1 cup of sugar
1 teaspoonful of cinnamon
2 cups of molasses
2 eggs
1 cup of milk
1 teaspoonful of soda
½ teaspoonful of cloves
½ nutmeg, grated

Soak the fruit over night in cold water. Then chop it slightly, and *simmer* in the molasses for two hours. Beat the eggs and sugar together until light, then add the butter; beat again, add the fruit, milk, spices, soda dissolved in a tablespoonful of boiling water, and sufficient flour to make a stiff batter that will drop from the spoon. Bake in a very moderate oven for two hours.

MOLASSES CAKE No. 1

1 cup of New Orleans molasses
2 tablespoonfuls of butter, melted
1 cup of boiling water
1 teaspoonful of soda or saleratus
3 cups of flour
1 tablespoonful of ginger

Dissolve the soda or saleratus in a tablespoonful of boiling water, and add it to the molasses, then add the melted butter, boiling water, ginger and flour. Beat until smooth, and bake in a moderate oven about thirty minutes.

MOLASSES CAKE No. 2

½ cup of New Orleans molasses
½ cup of sour cream
Butter the size of an egg (2 ounces)
½ cup of brown sugar
1 egg
1 teaspoonful of soda or saleratus
2 cups of flour

Dissolve the soda or saleratus in a tablespoonful of boiling water, and add it to the molasses. Beat the egg and sugar together until light, then add the molasses, cream and flour; beat until smooth; and, if you like, add a tablespoonful of ginger or a teaspoonful of cinnamon. Bake in a shallow pan in a moderate oven for about thirty minutes.

SOFT GINGERBREAD

3 cups of flour
½ cup of milk
½ cup of lard
1½ cups of New Orleans molasses
1 teaspoonful of soda
2 eggs
1 tablespoonful of ginger

Beat the yolks of the eggs and the lard together; then add the milk, soda and molasses; add the ginger and flour. Beat the whites to a stiff froth, add them carefully. Bake in a moderate oven for three-quarters of an hour.

GINGERBREAD

½ pound of butter
½ pound of sugar
3 pints of flour
6 eggs
1 pint of New Orleans molasses
2 tablespoonfuls of ginger
1 teaspoonful of cinnamon
1 pint of milk
1 teaspoonful of soda

Beat the butter to a cream; then add the sugar. Beat the eggs all together until creamy, add them to the butter and sugar, and beat well. Dissolve the soda in a tablespoonful of boiling water, add it to the molasses, mix well, and stir it into the other mixture; add to it the milk and flour. Beat all until smooth; then add the spices, mix well, and pour into well-greased, shallow pans. Bake in a moderate oven thirty-five or forty minutes.

SPICE CAKE

1 cup of brown sugar
½ cup of molasses
1 teaspoonful of soda
3½ cups of flour
1 tablespoonful of cinnamon
1 cup of thick, sour cream
1 tablespoonful of allspice
1 pound of raisins

Seed and chop the raisins. Dissolve the soda in a tablespoonful of boiling water, add it to the molasses; then add the cream, sugar and flour; beat thoroughly, add the spices and the raisins well floured. Bake in a moderate oven for one hour.

This is very good.

HICKORY-NUT CAKE

½ cup of butter
2 cups of flour
Whites of four eggs
1½ cups of sugar
¾ cup of water
1 cup of hickory-nut kernels
1 teaspoonful of baking-powder

Beat the butter and sugar to a cream, then add the water and flour, stir until smooth; add half the well-beaten whites, then the nuts, then the remainder of the whites and the baking-powder. Pour into square, flat pans lined with buttered paper to the depth of three inches, and bake in a moderate oven for forty-five minutes.

CUP or 1, 2, 3, 4 CAKE

1 cup of butter
2 cups of sugar
3 cups of flour
4 eggs

Mix and bake the same as Pound Cake.

PLAIN CUP CAKE

½ cup of butter
1½ cups of sugar
1 cup of water or milk
3 cups of flour
Juice and rind of a lemon
4 eggs
2 teaspoonfuls of baking-powder

Beat the butter, sugar and yolks of the eggs together until light; then add the water or milk, and half the flour, and beat until smooth; then add the well-beaten whites, then

the remainder of the flour, then the juice and rind of the lemon and the baking-powder. Mix thoroughly and bake in a greased Turk's-head, in a moderate oven, about three-quarters of an hour.

COCOANUT LOAF CAKE

¼ pound of butter — 5 eggs
1 pound of sugar — 2 cups of grated cocoanut
½ pound of flour — 1 cup of milk
Juice and rind of a lemon

Beat the yolks, sugar and butter together until very light; then add the milk, mix, add the flour and lemon, and beat well; then add the cocoanut. Beat the whites of the eggs to a stiff froth, and stir them and the baking-powder carefully into the cake. Pour into two square, flat pans, dust thickly with powdered sugar, and bake in a moderate oven three-quarters of an hour.

MARBLE CAKE

THE LIGHT

1½ cups of sugar — 2 large cups of flour
½ cup of butter — Whites of four eggs
½ cup of water — 1 teaspoonful of baking-powder
Juice and rind of a lemon

Beat the butter to a cream, add gradually the sugar, then add the water, then half the flour, a pinch of salt; add the whites, well beaten, then the remainder of the flour, the juice and rind of the lemon, and stand aside while you make

THE DARK

1 cup of brown sugar — 1 teaspoonful of baking-powder
¼ cup of butter — 2 ounces of melted chocolate
½ cup of water — Yolks of four eggs
1½ cups of flour — 1 teaspoonful of vanilla

Beat the butter, sugar and yolks together until very light; then add the water and flour; beat until smooth; then

add the melted chocolate and vanilla, mix well, and add the baking-powder to both mixtures. Grease a cake-pan, put in a layer of the white mixture, then a layer of dark, and so continue these alternations until all is used. Bake in a moderate oven from three-quarters of an hour to an hour. If the oven is too hot, cover with paper to prevent scorching.

SPONGE CAKE

6 eggs
Weight of the eggs in sugar
Half the weight of the eggs in flour
Juice and rind of one lemon

After weighing the sugar and flour, separate the eggs. Beat the yolks and sugar together until *very* light. Now add the juice and rind of the lemon and half the flour. Beat the whites to a very stiff froth, add half of them to the cake, then the remaining half of the flour, and then the remaining half of the whites; stir lightly, and pour into a greased cake-pan. Bake in a quick oven forty-five minutes.

ANGEL FOOD

Whites of eleven eggs 1½ cups of granulated sugar
1 teaspoonful of flavoring 1 cup of sifted flour
1 teaspoonful of cream of tartar

Put the cream of tartar into the sifted flour, and sift it five times. Sift the sugar. Beat the whites of the eggs to a *very* stiff froth, add the sugar, and mix carefully; then add the flour gradually, stirring all the while, and, last, the flavoring. Turn quickly into an ungreased pan, and bake in a moderate oven (say, 260° Fahr.) for forty-five minutes. Take from the oven, turn the pan upside down on a rest, and let it stand until the cake falls out.

It is best to bake this in a Turk's-head. You can then then rest it on the tube.

SUNSHINE CAKE

Whites of eleven eggs
1½ cups of sugar
Yolks of three eggs
1 cup of unsifted flour
1 teaspoonful of vanilla
1 teaspoonful of cream of tartar

Put the cream of tartar into the flour, and sift it. Beat the whites to a *very* stiff froth; beat the yolks and add them to the whites, add the sugar carefully, then the flavoring, and, last, the flour; mix thoroughly but lightly and quickly, turn into an ungreased pan, and bake in a moderate oven forty-five minutes. When done, turn it upside down on a rest, and the cake will fall out itself. It is best to bake Sunshine Cake in a tin Turk's-head, the centre tube being longer than the sides, so that when it is turned over it rests on the tube, thus allowing the air to pass around the cake.

POUND CAKE

1 pound of butter
10 eggs
1 gill of brandy
1 pound of powdered sugar
1 pound of flour
¼ teaspoonful of mace

Beat the butter to a cream, add gradually the sugar, beating all the while. Beat the eggs, without separating, until *very*, *very* light, add them gradually to the butter and sugar, and beat the whole vigorously. Add the flour sifted; beat well, add the mace and brandy. Line a round cake-pan with buttered paper, pour in the cake, and bake in a moderate oven one and a quarter hours.

LADY CAKE

¼ pound of bitter almonds
1 pound of powdered sugar
¾ pound of butter
10 ounces of flour
Whites of seventeen eggs.

Blanch and pound the almonds to a smooth paste, adding a few drops of rose-water to prevent them from oiling. Beat the butter to a cream, then gradually add the sugar, beating all the while. Add the pounded almonds, and

beat vigorously until *very, very* light. Sift the flour, beat the whites of the eggs to a stiff froth, and then stir into the butter and sugar alternately the flour and the whites of the eggs, a little at a time. Beat the whole as hard as possible, turn into a greased pan, and bake in a moderate oven about one hour. When cold, ice with Lemon Icing.

FRUIT CAKE No. 1

10 eggs
1 pound of sugar
1 pound of butter
1½ pounds of currants
1½ pounds of raisins
¾ pound of citron
1 pound of flour
1 nutmeg
1 teaspoonful of allspice
½ teaspoonful of cloves
1 teaspoonful of cinnamon
½ teaspoonful of mace
Juice and rind of one orange
Juice and rind of one lemon

Beat the eggs all together until very light. Beat the butter to a cream, add the sugar, beat again; add the eggs, then the flour and spices, and give the whole a good, vigorous beating. Stem and seed the raisins; clean, wash, and dry the currants; cut the citron into shreds; mix the fruit, and flour it well, then add it to the cake; add the juice and rind of the orange and lemon; stir all well together. Line two round cake-pans with greased paper, pour in the mixture, and bake in a very moderate oven four hours.

This will make two four-pound cakes.

If you use liquor, add, before the fruit, one gill of brandy.

FRUIT CAKE No. 2

½ pound of butter
½ pound of pulverized sugar
8 eggs.
½ pound of sifted flour
¾ pound of raisins
¾ pound of sultanas
¼ pound of citron

¼ pound of candied or preserved cherries
¼ pound of candied or preserved gages
¼ pound of candied or preserved apricots
¼ pound of candied or preserved pineapple
½ pound of candied orange and lemon peel
1 nutmeg, grated
¼ ounce of mace
¼ ounce of cinnamon
⅛ ounce of cloves
½ gill of Jamaica rum
½ gill of brandy

Stem and seed the raisins. Pick over the sultanas. Shred the orange and lemon peel and citron very fine. Cut all the remaining fruit into tiny dice. Beat the butter to a cream, add the sugar gradually, and give a thorough beating. Beat the eggs without separating until creamy; add them to the butter and sugar, then gradually add the flour; beat well. Mix all the fruit together, and flour it well. Add the spices to the batter; add the fruit; mix thoroughly; add the rum and brandy; mix again. Line a round, straight-sided cake-pan with buttered paper, turn in the mixture, and bake in a very slow oven four and a half hours. When done, take it from the pan and let it stand over night to cool. Next day, mix one pint of champagne, a half-pint of the best brandy, and one gill of strawberry syrup together. Stand the cake in a stone butter-pot, a little larger than the cake, pour over the brandy mixture, paste the top of the pot over with paper, put on the cover, and stand in a cool place one month. At the end of that time, remove the paper, turn the cake, paste the top over again with paper, put on the lid, and let stand another month, and it is ready for use.

This cake is troublesome, but well repays one for the trouble.

This will make a seven-pound cake.

COFFEE FRUIT CAKE

1 cup of butter
1 cup of brown sugar
2 pounds of raisins
¼ pound of citron
1 large teaspoonful of cloves
1 large teaspoonful of allspice
1 egg
½ pint of warm black coffee
1 cup of molasses
3 cups of flour
¾ pound of currants
3 large teaspoonfuls of cinnamon
1 large teaspoonful of grated nutmeg
1 teaspoonful of baking-soda

Prepare and make the same as Fruit Cake, No. 1.

LAYER CAKE

½ pound of butter
5 eggs
6 ounces of flour
¼ teaspoonful of mace
½ pound of sugar
2 ounces of corn-starch
1 teaspoonful of vanilla
2 tablespoonfuls of sherry
1 teaspoonful of baking-powder

Beat the butter to a cream; add the sugar gradually, beating all the while, then add the yolks of the eggs, then the well-beaten whites, then the flour, corn-starch and baking-powder; beat well; add the flavorings, mix well. Grease three deep jelly-tins, pour in the cake, and bake in a moderately quick oven fifteen minutes. When done, remove carefully from the pans, and stand them on a towel for a few minutes to cool.

APRICOT LAYER CAKE

Make the cake as directed in preceding recipe.

Pare the apricots, cut them in thin slices. Beat the whites of two eggs lightly, add, gradually, four tablespoonfuls of powdered sugar, and then beat vigorously until stiff enough to stand alone. Put a layer of this over the top of one cake, then a layer of sliced apricots, stand another cake on top of this. Put the remainder of the white filling over the top of this cake, then another layer

of apricots. Now place the remaining cake on top of this, press down lightly, dust the top over with powdered sugar, and it is ready for use.

Preserved or canned apricots may be used in the place of fresh fruit.

CHOCOLATE LAYER CAKE

Make Layer Cake (see recipe). Put four ounces of chocolate into a bowl, and stand it over boiling water until melted. Beat the whites of two eggs until frothy; add, gradually, four tablespoonfuls of powdered sugar, and beat until stiff enough to stand alone; then add the chocolate gradually, beating all the while. Add a teaspoonful of vanilla. Put one-half of the mixture over the top of one cake, stand another cake on top of this, then the remainder of the chocolate filling on the top of that, and then the remaining cake on top the filling; cover this with Chocolate Icing, and it is ready for use.

COCOANUT LAYER CAKE

Make Layer Cake (see recipe). Beat the whites of two eggs until frothy, then add gradually four tablespoonfuls of powdered sugar, and beat until stiff. Spread a layer of this over the top of one cake, then sprinkle heavily with grated cocoanut, then put another cake on the top of this, spread this the same as before, then put another cake on top, and cover the top the same, sprinkling heavily with grated cocoanut, and it is ready for use.

ICE CREAM CAKE

Make Layer Cake, and fill with the whites of two eggs and four tablespoonfuls of powdered sugar beaten to a stiff froth, flavoring according to taste.

JELLY LAYER CAKE

Make a Layer Cake; while hot, spread with any kind of tart jelly.

PEACH LAYER CAKE

Made precisely the same as Apricot Layer Cake.

RASPBERRY LAYER CAKE

Make the same as Apricot Layer Cake, using large red raspberries instead of apricots.

Strawberry Layer Cake is made in the same manner.

WHITE MOUNTAIN CAKE

11 ounces of powdered sugar
5 eggs
1 gill of sherry
3 heaping teaspoonfuls of baking-powder
½ pound of flour
1 teaspoonful of vanilla
6 ounces of butter
½ pint of milk
¼ teaspoonful of powdered mace
3 ounces of corn-starch
Juice and the rind of a lemon

Beat the butter and sugar to a cream, then add the yolks, and beat the whole until *very, very* light; add the vanilla, lemon and mace. Beat the whites to a stiff froth, add them and the milk gradually and alternately to the batter. Sift the corn-starch, baking-powder, and flour together, and add gradually to the mixture, beating thoroughly and quickly all the while; then pour into greased jelly-tins, and bake in a quick oven ten or fifteen minutes.

THE FILLING

Whites of two eggs
1 teaspoonful of vanilla
½ pound of powdered sugar
1 gill of water

Boil the sugar and water together until it forms a heavy thread when dropped from a spoon. Beat the whites of the eggs until very stiff, then stir in at once, gradually, the

boiling syrup, beating quickly all the while. Beat until cold and thick; add the vanilla. When the cakes are done and cold, spread a layer of the filling on the top of one cake, place another cake on top of it, then another layer of the filling, then another layer of cake; now spread this with the remainder of the filling, and put the remaining cake on top; dust with powdered sugar, and it is ready for use.

RIBBON CAKE

½ cup of butter
2 cups of sugar
4 eggs
1 tablespoonful of baking-powder
1 cup of washed currants
1 cup of milk
3 cups of flour
1 teaspoonful of vanilla
1 tablespoonful of cinnamon
¼ cup of chopped citron

Beat the butter to a cream; add the sugar and then the yolks, and beat thoroughly. Now add flavoring and milk, then the flour. Beat the whites to a stiff froth, and stir them carefully into the other ingredients; add the baking-powder, and stir just enough to mix. Now take out one-third of the mixture, and add to it the cinnamon, currants, and chopped citron. Grease three sheet pans of the same size, put the fruit mixture into one, and the remaining two-thirds in the other two pans. Bake in a moderate oven for a half-hour. When done, take from the pans. Spread one light cake with a layer of soft icing, then place the dark cake on this, and spread it with icing, then place the other light cake on this, cover the whole with a piece of paper, and then with a tin sheet, on which place two light weights. Let stand one hour, and then remove the weights.

CREAM SPONGE CAKE

6 eggs

Their weight in sugar, and half their weight in flour

Put the eggs on one side of the scale and balance with the sugar. Turn the sugar into a bowl, remove three eggs and balance the remaining three with flour. Now break and separate the eggs carefully. Beat the yolks and sugar until *very, very* light, then add the whites, which have been beaten to a stiff froth, mix carefully, and slowly sift in the flour. Put a quarter-teaspoonful of baking-soda into a tablespoonful of vinegar, stir until dissolved, and stir quickly into the cake. Mix thoroughly and carefully, turn into a well-greased large shallow pan, and bake in a quick oven fifteen minutes. Have ready

THE FILLING

½ pint of milk
1½ tablespoonfuls of corn-starch
2 tablespoonfuls of sugar
Grated rind of half an orange
2 tablespoonfuls of orange juice
Yolks of 3 eggs

Put the milk on to boil in a farina boiler. Beat the corn-starch, sugar, and eggs together until light, then stir into the boiling milk, and stir until it thickens; take from the fire, and add the juice and rind of the orange. Stand away to cool. This should be made before the cake. When the cake is done, turn it carefully from the pan, bottom upwards, and spread it, while warm, with the filling. Cut the cake in halves, and fold the bottoms together, thus having two layers of cake with a thick layer of filling between. Cover the top with Orange Icing.

APEES (Ice Cream and Cakes)

1 pound of butter — 1 pound of sugar
1½ pounds of flour — 1 gill of milk

Cream the butter and sugar; sift in the flour, then the milk,

and stir it to a dough; turn it out on the moulding-board, and work to a fine dough again. Roll into sheets, as thick as a dollar piece, cut into small cakes, lay them on tins, and bake in a cool oven.

PLAIN COOKIES

1 cup of sugar
½ nutmeg, grated
½ pint of milk
½ cup of butter
1 teaspoonful of baking-powder
Sufficient flour to make a dough
2 eggs

Beat the butter to a cream; add the sugar and beat again. Beat the eggs all together until light, add them to the butter and sugar; add the milk, nutmeg, baking-powder, and flour; mix well. Roll out, cut with a round cutter, and bake in a moderate oven until a light brown.

GINGER COOKIES (Miss Shourds)

1 cup of molasses
1 cup of strong boiling coffee
1 tablespoonful of ginger
1 cup of brown sugar
½ cup of lard
½ cup of butter
1 teaspoonful of cinnamon
1 teaspoonful of baking-soda

Mix the butter and lard together. Dissolve the soda in a tablespoonful of boiling water, then stir it into the molasses, which add to the butter and lard; add the spices, and mix all well together. Pour over the boiling coffee, and add sufficient flour to make a soft dough. Then roll out about three-quarters of an inch in thickness, cut with a round cutter, and bake in a moderately quick oven about fifteen minutes.

JUMBLES No. 1

½ pound of butter
9 ounces of flour
1 teaspoonful of vanilla
½ pound of powdered sugar
2 tablespoonfuls of sherry
3 eggs

Beat the butter to a cream; add the sugar gradually, beating until very light. Now beat the eggs all together, add to the butter and sugar, add the sherry, the vanilla, and last, the flour, sifted. Beat the whole well. Put the mixture into a pastry-bag, and press it through the tube in small round cakes on the bottom of a baking-pan lightly greased. If you have no pastry-bag, you may drop by spoonfuls. Bake in a moderate oven until the edges are a delicate brown.

JUMBLES No. 2

½ pound of butter
3 eggs
½ nutmeg, grated
½ pound of sugar
¾ pound of flour
1 tablespoonful of rose-water

Beat the butter and sugar to a cream; add the eggs well-beaten, then the rose-water and nutmeg, then the flour. Dust the baking-board with granulated sugar, instead of flour; roll out the mixture, about an eighth of an inch in thickness, cut with a round cutter; take the centres out with a smaller cutter, thus forming rings. Bake in a moderate oven until a light brown.

SAND TARTS

1 pound of granulated sugar
½ pound of butter
Yolks of three eggs
Whites of two eggs
Flour enough to make a stiff paste

Beat the butter and sugar together; add the yolks beaten to a cream, then the whites well beaten; mix all well together, and add the flour. Roll out on a baking-board, cut with a round cutter, and bake in a moderate oven until a light brown.

LEMON WAFERS

¼ pound of butter
½ pound of powdered sugar
1 nutmeg, grated
Juice and rind of two lemons
Flour sufficient to make a stiff batter
6 eggs

Beat the butter to a cream; add the sugar gradually. Beat the eggs, without separating, until creamy, then add them to the butter and sugar; beat well; then add the juice and rind of the lemon, the nutmeg and the flour. Beat all until smooth and light. Heat the wafer tongs over a clear fire, brush them lightly with melted butter, put in two tablespoonfuls of the mixture, close the tongs, turn them over a clear fire until the cake is a light brown. When done, take out carefully, dust with powdered sugar, and roll around a smooth stick, which remove carefully when cold. If you have no tongs, line flat pans with buttered paper, and drop the mixture in by spoonfuls; spread it out very thin, and bake until a light brown. These may be filled with whipped cream or meringue, or served without either.

SHREWSBURY CAKES

1 pound of butter
4 eggs
1 nutmeg, grated
1 pound of sugar
¼ pound dried currants
1½ pounds of flour

Beat the butter to a cream; add the sugar gradually, then the flour and nutmeg, then the currants, washed and dried. Now moisten with the eggs well beaten. If the flour is very heavy and the mixture very dry, add another egg, knead well, roll the paste out very thin, cut with a round cutter about the size of a saucer, and pinch the cakes with the thumb and finger around the edge. This gives them a scalloped form. Bake in a moderate oven until a nice brown.

SCOTCH CAKES

1 pound of flour — 1 pound of sugar
¾ pound of butter — 3 eggs
1 tablespoonful of cinnamon

Mix the flour and butter, and rub well with the hands, then add the sugar, then the eggs well beaten, then the cinnamon. Mix all well together, roll out into a thin sheet, cut with a large round cutter, and bake in a moderate oven until a light brown.

JACKSON SNAPS

1 cup of butter — 5 cups of flour
2 cups of sugar — 1 cup of water
1 egg — Juice and rind of a lemon

Beat the butter to a cream, add the sugar gradually; then add the egg and water; beat again, then add the flour; mix well, roll out, cut with a round cutter, and bake in a moderate oven until a light brown.

These, like ginger cakes, will keep a long while if shut in a tin box.

GINGER SNAPS

2 pounds of flour — 1 large tablespoonful of ginger
1 pint of molasses — ½ pound of brown sugar
A dash of cayenne — ½ pound of butter or lard

Rub the butter or lard thoroughly into the flour, then add the sugar, then the ginger and cayenne; mix well, and moisten with the molasses. Knead and roll out very thin, cut with a small, round cutter, and bake in a moderate oven until a light brown.

These are very dry and hard to roll, but, if carefully mixed and handled, are delicious.

DOMINOES

Make Plain Cup Cake batter, and pour it into greased shallow pans, to the depth of a half-inch. Bake in a

moderate oven about ten minutes. When done, turn out on a cloth to cool. When cold, with a sharp knife cut the cake in oblong pieces, the shape of a domino, frost the top and sides with white icing, and stand aside to harden. When the frosting is hard, dip a small camel's-hair brush in chocolate icing, and draw lines and make the dots of the domino.

CREAM PUFFS

½ pint of water — 2 ounces of butter
4 ounces of flour — 4 eggs

Put the water and butter on to boil, and, as soon as it boils, turn in the flour and stir quickly over the fire until it sticks together, forming a ball, which leaves the pan. Stand away to cool. When cool, add one egg at a time, beating all the while. After adding the last egg, beat vigorously for five minutes. Stand in a warm place for a half-hour, stirring occasionally ; then drop by tablespoonfuls on buttered tins, leaving a space of two inches between each puff. Bake in a quick oven about twenty minutes. Try by picking them up. If perfectly light, they are done. As they burn quickly, watch carefully. When cold, make an opening in one side, about the middle of the puff, and fill with the following :—

THE FILLING

½ pint of milk — 1 tablespoonful of corn-starch
4 eggs — 4 tablespoonfuls of sugar
1 teaspoonful of vanilla

Put the milk on to boil in a farina boiler. Beat the eggs, without separating, and the sugar together until light, add to them the corn-starch, and stir into the boiling milk. Stir over the fire until rather thick, then add the vanilla, and stand away to cool.

CHOCOLATE ÉCLAIRS

Prepare the batter the same as for Cream Puffs. Put it into a pastry-bag, and press it out upon well-buttered tins. By pressing the bag firmly, and drawing it very slowly towards you while squeezing, you will make the éclairs of a rope-like shape. They should be about five inches long. Allow two inches space between each éclair. Bake in a quick oven twenty minutes, or until thoroughly done. If properly baked, the inside will be hollow, with a delicate, tender crust outside. When cold, fill with the same Cream Puff Filling.

THE ICING

Melt two ounces of chocolate, then add four tablespoonfuls of powdered sugar, and stir until it forms a paste. Dip the bottom of each éclair into the icing, and stand it away to dry.

Éclairs may be filled with whipped cream or preserved fruits, and iced with Orange Icing.

KISSES

Whites of six eggs
12 ounces of powdered sugar
1 tablespoonful of vanilla-sugar

Beat the whites with a wire egg-whip until frothy, then add gradually, the sugar, beating continuously until the whites are stiff enough to cut with a knife. Dip a tablespoon into cold water, fill it with the mixture, and drop it on a sheet of buttered paper. Place the paper on baking-tins, sift quickly and lightly with powdered sugar, blow off all that will not stick, and put immediately into a quick oven. Watch constantly that they do not burn. When firm to the touch, take them from the oven, remove them carefully from the paper, scoop out the soft portion and return the shells to a very slow oven to dry. These may be filled with whipped cream or ice cream, and two put together.

The dry shells will keep some time and may be filled when ready to use.

Or, drop the mixture by small spoonfuls on buttered paper, dust with sugar, blow off all that does not stick, place the paper on baking-sheets, put in a quick oven until a light fawn-color; then place them in a cool oven for two hours to dry. When dry, carefully remove the kisses from the paper, brush the bottom lightly with the white of egg, stick two together, and put away to dry.

LADY FINGERS

Make Sponge Cake batter, turn it into a pastry-bag with a No. 1 tube in the end, and squeeze it out the shape of lady fingers. Dredge with powdered sugar, and put in a very moderate oven to bake. They must not spread or swell. If they spread, the oven is too cool; if they swell, the oven is too hot. When done, remove them carefully from the pan, put the two flat sides together, and lay them on a sieve to cool.

There are pans indented the shape of lady fingers, which are less troublesome than using the pastry-bag.

PLUNKETS

4 eggs
Weight of eggs in powdered sugar
Weight of eggs in butter
Weight of eggs in rice flour
1 teaspoonful of vanilla, or juice and rind of one lemon

Beat the butter to a cream, then add the sugar gradually, beating all the while; then add the yolks of the eggs, beat again, then add the whites beaten to a stiff froth, then, gradually, the rice flour. Add a teaspoonful of vanilla, or the juice and rind of a lemon. Now beat until fine and light, pour into greased small scalloped tins (patty-pans) and bake in a moderate oven about twenty minutes.

ICINGS OR FROSTINGS

PLAIN ICING

Whites of two eggs
1 teaspoonful of lemon juice
½ pound of powdered sugar

Place the eggs in a refrigerator or some very cold place one hour before using. Break them carefully and beat the whites until frothy, then sift the sugar in gradually, beating all the while; add the lemon juice, and continue the beating until the icing is fine and white, and stiff enough to stand alone. Keep in a cool place until wanted. Spread with a knife dipped in ice-water. If ornaments are used, they must be placed on the cake while the ice is still moist. This may be varied by adding different flavorings, such as strawberry, pineapple, rose, vanilla, etc.

Strawberry icing should always be colored with a few drops of cochineal.

CHOCOLATE ICING

¼ pound of grated chocolate
¼ pound of powdered sugar

Melt the chocolate over boiling water, add the sugar, and stir until smooth. Add a teaspoonful of vanilla, and it is ready to use.

ORANGE ICING

½ pound of powdered sugar
1 tablespoonful of boiling water
Grated rind of one orange
Sufficient orange juice to moisten

Put the sugar in a bowl, add the rind and then the water and juice. The icing should be very stiff, and used immediately.

BOILED ICING

1 cup of granulated sugar
White of one egg
¼ teaspoonful of cream of tartar
½ cup of boiling water

Boil the sugar and water together until it spins a heavy thread. Beat the egg to a stiff froth; add the cream of tartar, and then the syrup, beating all the while. Beat until cold and thick. Flavor.

GELATINE ICING

Put one even tablespoonful of gelatine into a bowl, cover it with one tablespoonful of cold water, let it soak half an hour; then add two tablespoonfuls of boiling water, stir until dissolved, then add pulverized sugar to make the mixture a proper consistency to spread. Flavor to taste. Let the cake cool, spread the icing quickly over it, and stand in a *cool* place to dry.

CANDIES

CHOCOLATE CARAMELS No. 1

¼ pound of chocolate
2 tablespoonfuls of molasses
½ cup of milk
1 pound of brown sugar
Butter the size of an egg
1 teaspoonful of vanilla

Put the whole into a granite or copper saucepan; let it heat slowly, and stir until thoroughly dissolved. Then boil until it hardens. Try by dropping a few drops in a cup of cold water; if it hardens quickly, it is done. Turn into a greased square pan, and, when partly cool, mark into squares with a dull knife. Stand in a cool, dry place to harden.

CHOCOLATE CARAMELS No. 2 (Mrs. Mustin)

1½ pounds of sugar (confectioners' A)
3 ounces of chocolate
¾ pint of cream
½ teaspoonful of lemon-juice

Make and finish the same as in preceding recipe.

TAFFY

½ pint of water
3 ounces of butter
½ teaspoonful of lemon-juice
2 teaspoonfuls of vanilla
1½ pounds of sugar (confectioners' A)

Stir the water and sugar over the fire until the sugar is dissolved, then boil until it arrives at the ball stage; that is,

when small quantity is cooled in water and rolled between the thumb and finger, it forms a soft ball. Now add the butter and lemon juice and boil to the "crack," that is, it hardens quickly when dropped into cold water, and will not stick to the teeth. Add the vanilla, and turn out in greased shallow pans to cool.

MOLASSES CANDY

1 cup of New Orleans molasses
1 cup of brown sugar
1 tablespoonful of vinegar
1 ounce of melted butter

Mix all together, and boil without stirring until it hardens when dropped in cold water; then add a teaspoonful of baking soda, and pour into buttered tins.

Or, when cool, pull and cut into sticks. While pulling, brush the hands with butter or moisten them with ice-water.

WALNUT MOLASSES CANDY

Make a plain molasses candy, and, when done, grease deep square pans with butter, fill nearly full with walnut kernels, pour the molasses candy over them, and stand away to cool.

PEANUT MOLASSES CANDY

Peanut Molasses Candy is made precisely the same as Walnut Molasses Candy.

CREAM CANDY

1 pound of granulated sugar
1 tablespoonful of gum-arabic water
½ teaspoonful of cream of tartar
1 cup of water
1 teaspoonful of vanilla

Mix all the ingredients except the vanilla, and stir over the fire until the sugar is dissolved; then boil without stirring until it hardens when dropped in cold water. It must not be brittle. When done, turn out on a greased plate or

marble slab; pour over it the vanilla; when nearly cold, begin to pull, and pull continuously until it is perfectly white. Cut it into sticks or pieces as soon as you are done pulling, or it may be braided; then put it in a tureen, cover and let stand two hours, and it is ready to use.

ROSE CREAM CANDY

Make same as preceding recipe, add a half-teaspoonful of cochineal, and a teaspoonful of rose water instead of the vanilla.

CREAM CHOCOLATES

Put the white of one egg and an equal quantity of cold water into a bowl; add a teaspoonful of vanilla, and beat until frothy; add sufficient confectioners' XXX sugar to make a stiff paste that you can form into balls (this will take about a pound and a quarter). Work until smooth, form into small balls the size of a cream chocolate, stand on greased paper, and put in a cool, dry place to harden (about two hours). Put a half-pound of chocolate into a small, bright, tin basin, and stand it over the tea-kettle or boiling water to melt, then stand it in a basin of boiling water to prevent its cooling while you dip the creams. Place one ball on the end of a fork, dip it down into the melted chocolate, see that it is thoroughly covered, lift it up, drain, scrape off the fork on the side of the basin, then slide the cream chocolate back on the greased paper, and so continue until all are dipped. Stand in a cool place over night, and they are ready to use.

These are very little trouble, and, if made carefully, are delicious.

CREAM DATES

Remove the stones from the large dates, make the cream as directed in preceding recipe. Roll a tiny bit into a long

roll, put it in the date where you removed the stone, press the two halves together, so that the white cream will show between. Roll the whole in granulated sugar, and stand away to harden.

CREAM CHERRIES

Make precisely the same as Cream Dates.

NOUGAT No. 1 (Blot)

Throw a pound of sweet almonds into boiling water for five minutes; skin them well; and, when cool, cut them in four or five pieces lengthwise; then melt a pound of fine white sugar with two tablespoonfuls of water, in a copper or crockery pot, on a good fire, stirring all the time with a wooden spoon. When well melted, put the almonds in; keep stirring about five minutes longer, take from the fire, add a little of the rind of a lemon well grated. Oil a plain mould, put it on the corner of the range in a warm but not too hot place; put the almonds and sugar in the mould, pressing them to the side and bottom of the mould with a lemon cut in halves, and take off when of a brown color. Turn on a plate, remove the mould, and serve.

NOUGAT No. 2

Grease a square, shallow pan well with butter. Fill with hickory-nut kernels, Brazilian nuts cut in slices, almonds, cocoanut cut in thin strips, dates and a few bits of candied orange peel. Boil two pounds of sugar and one cup of water together without stirring (after the sugar melts) until it hardens and becomes brittle when dropped in cold water; then add a tablespoonful of lemon juice, and pour into the pans over the filling. When nearly cold, mark out in narrow strips with a knife.

FRUITS

Fruit should be served as fresh as possible, the large fruits cold. The small acid fruits are rendered more acid by being chilled. Fresh, ripe fruit is particularly wholesome if taken in the early part of the day. Liebig says: "Besides contributing a large proportion of sugar, mucilage, and other nutritive compounds in the form of food, they contain such a fine combination of vegetable acids, attractive substances, and aromatic principles, with the nutritive matter, as to act powerfully in the capacity of refrigerants, tonics, and antiseptics, and when freely used at the season of ripeness, by rural laborers and others, they prevent debility, strengthen digestion, correct the putrefactive tendency of nitrogenous food, avert scurvy, and probably maintain and strengthen the power of productive labor."

APPLES

For the table, select those of a spicy flavor; wipe them clean and polish with a soft towel. Serve in a fruit dish or a small, pretty basket. Use only a silver knife in cutting.

BANANAS

Bananas should be served whole, the large, red and lady fingers mixed.

CURRANTS

The large cherry and the white currants may be served together. Select large clusters, rinse them by dipping in and out of cold water, then place on a sieve to drain. Arrange them on a pretty dish, and serve in saucers around a small pyramid of powdered sugar. Take the stem between the thumb and finger, dip the fruit lightly in the powdered sugar, and eat from the stem.

They may also be stemmed and mixed with an equal quantity of raspberries.

GRAPES

Grapes should be rinsed in cold water, drained on a sieve, and then arranged in a pretty basket; fruit scissors should accompany the basket, to divide the clusters.

ORANGES

Oranges may be served whole, cut in halves crosswise, and eaten with a spoon.

Or, peeled, cut in small pieces, rejecting the seeds. Sprinkle with powdered sugar, let stand an hour, and serve.

PEACHES

Pick out the finest, large, yellow peaches. Rub the wool off carefully, handling as little as possible. Serve in a pretty basket with peach or rose leaves around the basket.

Or, pare and slice, sprinkle with powdered sugar, and serve immediately (or they will turn dark), with thick cream.

PEARS

Pears may be served the same as Apples.

PINEAPPLE

Pare, remove the eyes, and pick the pineapple in small pieces with a silver fork, stripping it from the core. Never

use a knife to cut the pineapple as it destroys the flavor. Sprinkle with powdered sugar. Stand in a cold place one hour before serving.

POMEGRANATES

Remove the outside skin and carefully take out the seeds, rejecting every particle of the thin brown skin that separates the sections. Heap the seeds on a pretty dish, mix with them finely-chopped ice, and serve.

STRAWBERRIES, RASPBERRIES and BLACKBERRIES

Pick them carefully, without mashing, only a few moments before you wish to serve them. Heap them in a glass dish, and send around powdered sugar and cream with them. Allow each guest to sugar his own.

Never wash any kind of berries, as it destroys their flavor.

Strawberries for breakfast may be served with their stems on, the same as Currants.

WATERMELON

A watermelon should be thoroughly chilled before serving; then cut it into halves. Cut a thin slice off each end to make it stand firmly on the platter. Scoop out in egg-shaped pieces with a tablespoon, and serve.

CANTALOUPE

Cut in halves, remove the seeds. Serve one-half to each guest. Eat with a spoon. Cantaloupes should be served very cold.

BAKED APPLES

Wipe sweet apples perfectly clean, and remove the cores without paring, stand them on an earthen baking-dish, and

bake in a moderate oven until tender. Serve cold with sugar and cream.

Or, pour over them drawn butter, flavored and sweetened.

STEWED APPLES

Pare tart apples, cut them into quarters and remove the cores; put them into a porcelain-lined kettle, strew with sugar, add the juice of half a lemon and a few bits of the yellow rind; cover with boiling water, and *simmer* gently until tender. Dish carefully without breaking, and serve cold.

CODDLED APPLES

Pare tart apples of uniform size; remove the cores without breaking the apples. Stand them in the bottom of a porcelain-lined kettle, strew thickly with sugar, cover the bottom of the kettle with boiling water, put on the lid, and allow the apples to steam on the back part of the stove until tender. Dish carefully without breaking; pour the syrup over them, and stand away to cool.

BLACKBERRY FLUMMERY

1 cup of blackberries
1 pint of water
2 even tablespoonfuls of corn-starch
Sugar to taste

Put the blackberries and water on to boil. Boil slowly ten minutes without stirring. Moisten the corn-starch in a little cold water, stir it into the boiling blackberries, stir carefully until it thickens, take from the fire, add the sugar, and turn out to cool. Serve cold, with sugar and cream.

BLACKBERRY MUSH

Make the same as Flummery, using three tablespoonfuls of corn-starch instead of two.

STEWED CRANBERRIES

Wash one quart of cranberries, put them in a porcelain-lined kettle, add one pint of water, cover the kettle, and stew ten minutes; add one pound of sugar, and stand on the back part of the stove where it will not boil, for fifteen minutes, then turn out to cool.

STEWED GOOSEBERRIES

Stem and top one quart of berries, and cook the same as Cranberries.

BAKED PEARS

For this choose large sweet pears. Wipe them, but do not remove the stems. Stand them in an earthen baking-dish, pour around them a cup of boiling water, add two tablespoonfuls of sugar, cover with another dish, and bake slowly until the pears are tender, basting three or four times with the liquor. When done, stand away to cool in the dish in which they were baked. When cold, lift them carefully into a pretty glass dish, pour the liquor over them, and serve with sugar and cream.

STEWED PEARS

Pears may be stewed precisely the same as Apples.

STEWED PRUNES

Wash the prunes through several cold waters, cover them with fresh cold water, and soak over night. Next day, turn them with the water into a porcelain-lined kettle, sweeten to taste, and let them *simmer very gently* until tender. When done, remove them carefully with a skimmer, and boil the syrup rapidly for ten minutes; then pour it over the prunes, and stand away to cool.

Dried peaches may be stewed in the same way.

STEWED RHUBARB

Wash the rhubarb, and cut it into pieces about one inch long. Do not peel. To every pound of rhubarb allow one pound of sugar. Put the rhubarb into a porcelain-lined or granite kettle, cover it with the sugar, and stand it on the back part of the fire until the sugar melts; then bring it to boiling point without stirring. Then turn it carefully out to cool, and it is ready for use.

CANNING AND PRESERVING

CANNING

The process of canning the different kinds of fruit varies but little, except in the amount of sugar used. None but perfectly sound and fresh fruits should be used for this purpose. They may be canned with or without sugar, as the sugar takes no part whatever in their preservation. The fruit should not be cooked sufficiently long to destroy its natural flavor, and while boiling hot should be sealed in air-tight *glass* jars, filled to overflowing to exclude every particle of air, then quickly sealed. The jars should be thoroughly heated before filling, filled through a wide-mouthed funnel, and should, during this process, stand on a folded damp towel, to prevent breakage. Large-mouthed glass jars, with porcelain-lined or glass tops only, should be used. After filling and screwing on the tops, stand the jars in a warm part of the kitchen, where the air will not strike them, over night. In the morning you will be able to give the tops another turn. Then wipe the jars carefully, and put them away in a cool (not cold) dark closet. In a week or two examine them carefully; if the liquid has settled, and you see no small air bubbles, or the porcelain-lined tops slightly indented, you may be sure that the fruit is keeping; if you find the opposites, the fruit is beginning to ferment, and the jars will burst if not opened. Re-cook and use them at once for stewed fruit, as it is never

satisfactory to return them to the jars. All large fruits should be thrown into cold water as soon as pared, to prevent discoloration, then boiled in clear water, in which has been dissolved a quarter-teaspoonful of powdered alum to every quart of water, until tender, then drained and boiled a few moments in the syrup. Cook only enough to fill one or two jars at a time; have the jars hot and everything ready as soon as the fruit is done. Fill the jars quickly, run a silver spoon handle around the inside of the jar to break any air bubbles that may be there, and then screw on the tops without delay.

Small fruits are best sugared one or two hours before cooking, and then if you add the same proportion of alum, they will be clear and keep their shape. They should just be brought to boiling point, skimmed, and sealed immediately.

The surplus juice that exudes from strawberries and plums may be strained and boiled for jelly.

By following these directions religiously, and using the quantities given in the recipes that follow, success is sure.

APPLES

1 pound of sugar
4 pounds of apples
The grated yellow rind of one lemon
1 quart of water

Pare the apples, throw them into cold water. When you have enough to fill one or two jars, take them from the water, put them in a porcelain-lined kettle, cover with boiling water, stand them on the back part of the fire, where they will scarcely bubble, until tender. While they are cooking, put the sugar and water in another kettle, stir the sugar until it is dissolved, add the lemon rind, and boil three minutes. When the apples are sufficiently tender to

admit a straw, lift them carefully with a strainer from the water into the syrup, bring to boiling point, skim, and can as directed.

PEACHES

Proceed precisely the same as for Apples.

PEARS

Proceed precisely the same as for Apples.

Bartletts are best for canning.

PINEAPPLE

Pare the pineapple, take out the eyes, then pick the pineapple into pieces with a silver fork. To every pound of the picked pineapple allow three-quarters of a pound of sugar. Put the pineapple into a porcelain-lined kettle, add the sugar, and cook over a very moderate fire ten minutes. Can as directed.

Or, the pineapple may be grated.

QUINCES

Pare and core the quinces and cut into rings. Finish the same as apples, using a half-pound of sugar to every pound of quinces.

The skin and rough pieces may be used for jelly.

BLACKBERRIES

To every pound of blackberries allow a quarter-pound of sugar. Put the berries in a porcelain-lined kettle, cover them with the sugar, and let stand one or two hours, then add a quarter-teaspoonful of powdered alum to each quart of fruit. Stand over a moderate fire, and bring to boiling point. Skim, and can as directed.

CHERRIES

Stone the cherries; and, if pie or morello cherries, allow a half-pound of sugar to every pound of cherries. If ox-hearts, a quarter-pound of sugar. Proceed the same as for Blackberries.

CURRANTS AND RASPBERRIES

To every quart of the large red raspberries allow a half-pint of currant juice and a half-pound of sugar. Put the berries in a porcelain-lined kettle, add the juice and sugar, bring to boiling point, and can.

DAMSONS

To every five pounds of damsons allow three pounds of sugar. Finish the same as Blackberries.

BLUE PLUMS

Allow three-quarters of a pound of sugar to every pound of plums. Proceed as for Blackberries.

Gages may be canned in the same manner, first pricking the skins to prevent cracking.

STRAWBERRIES

Can the same as Blackberries, using a half-pound of sugar to every pound of strawberries.

PRESERVING

To preserve, use equal quantities of fruit and sugar, and cook sufficiently long to keep the fruit without being hermetically sealed. Use only the best white sugar.

Small fruits should be cooked slowly forty minutes; large fruits, pared and put immediately into the syrup, and then cooked very slowly until you can pierce them with a straw.

Put the fruits into tumblers or very small jars, and thereby prevent disturbing a larger quantity than is needed.

PRESERVED CITRON

Pare off the outer skin, cut into halves, remove the seeds, then divide each half into a number of smaller pieces. Put them in a stone jar, add a half-cup of salt to every five pounds of citron. Cover with cold water, and stand aside for five hours; then drain, and cover with fresh, cold water. Soak two hours, changing the water three or four times. Dissolve a teaspoonful of powdered alum in two quarts of boiling water, add the citron, and bring to boiling point. Drain. Make a syrup from two and a half pounds of granulated sugar and one and a half quarts of boiling water, boil and skim. When perfectly clear, put in the citron and *simmer* gently until you can pierce it with a straw. When tender, lift the pieces carefully with a skimmer, place them on a large plate, and stand in the sun one or two hours to harden. Peel the yellow rind from one large lemon, add it to the syrup, then add the juice of two lemons, and a small piece of green ginger-root cut in thin slices. Boil gently for ten minutes, and stand aside until wanted. When the citron has hardened, put it cold into the jars, bring the syrup again to a boil, and strain it over the citron.

Watermelon rind and pumpkin may be preserved in the same manner.

MARMALADES OR JAMS

BLACKBERRY JAM

Put the blackberries into a porcelain-lined kettle, stand them over a very moderate fire until thoroughly heated, then press them through a sieve. Measure the liquid, and

to every pint allow a half-pound of sugar. Put the sugar and liquid back into the kettle and boil rapidly twenty minutes, stirring occasionally to prevent scorching. Pour into tumblers or jars, and seal the same as fruit jelly.

GRAPE JAM

Pulp the grapes; put the skins in one basin and the pulps in another. Pour the pulps into a porcelain-lined kettle, and bring to boiling point; then press them through a colander, add the skins, and measure. Finish the same as Blackberry Jam.

Or, after boiling the twenty minutes, the whole may be pressed through a sieve to make it fine.

ORANGE MARMALADE (Miss Parloa)

Take equal weights of sour oranges and sugar. Grate the yellow rind from one-fourth of the oranges. Cut all the fruit in halves at what might be called the "equator." Pick out the pulp and free it of seeds. Drain off as much juice as you conveniently can, and put it on to boil with the sugar. Let it come to a boil; skim, and *simmer* for fifteen minutes; then put in the pulp and grated rind, and boil fifteen minutes longer. Put away in jelly tumblers.

PEACH MARMALADE

Rub the peaches, but do not pare them. Cut them in halves, remove the stones, and, to every pound of peaches, allow a half-pound of sugar. Put the peaches in a porcelain-lined kettle, add sufficient water to cover the bottom of the kettle; cover, and heat slowly to boiling point; then stir and mash the peaches until fine, add the sugar and three or four kernels (to every quart of marmalade) blanched and pounded to a paste. Boil and stir continu-

ally for fifteen minutes, then stand over a more moderate fire, and cook slowly twenty minutes longer. Stir occasionally, that it may not scorch. Put away in stone jars.

Plum Marmalade and Quince Marmalade may be made in the same manner.

BRANDY PEACHES

Take large white or yellow freestone peaches. (They must not be too ripe.) Scald them with boiling water; cover, and let stand until the water becomes cold. Repeat this scalding, then take them out, lay them on a soft cloth, cover them over with another cloth, and let them remain until perfectly dry. Now put them in stone jars, and cover with brandy. Tie paper over the tops of the jars, and let them remain in this way one week. Then make a syrup, allowing one pound of granulated sugar and a half-pint of water to each pound of peaches. Boil, and skim the syrup, then put in the peaches, and *simmer* until tender; then take the peaches out, drain, and put them in glass jars. Stand the syrup aside to cool. When cold, mix equal quantities of this syrup and the brandy in which you had the peaches. Pour this over the peaches, and seal.

PICKLING

SWEET PICKLES

Sweet pickles should be rich, and sufficiently cooked to keep without being hermetically sealed.

SPICED PEACHES

7 pounds of peaches
4 pounds of sugar
1 pint of vinegar
½ ounce of ginger root
1 teaspoonful of ground cloves
2 teaspoonfuls of allspice
2 teaspoonfuls of cinnamon
½ teaspoonful of ground mace

Pare the peaches, but do not remove the stones. Put the vinegar and sugar on to boil. Mix the spices, and divide them into four parts. Put each part into a small square of muslin, tie tightly, and then throw them into the sugar and vinegar. When this mixture is hot, add the peaches; bring all to boiling point, take from the fire, and turn carefully into a stone jar. Stand in a cool place over night. Next day, drain all the liquor from the peaches into a porcelain-lined kettle, stand it over a moderate fire, and, when boiling hot, pour it back in the jar over the peaches. Next day, drain and heat again as before, and do this for nine consecutive days; the last time boil the liquor down until there is just enough to cover the fruit. Add the fruit to it, bring the whole to a boil, and put in jars or tumblers for keeping.

The following fruits may be pickled or spiced in the same manner:

Cantaloupe	Pears	Quinces
Cherries	Plums	Watermelon rind

SOUR PICKLES

For these, use none but the best *cider* vinegar. Do not boil it, as in this way it is weakened; bring it only to scalding-point before pouring it over the pickles. A tiny piece of alum scalded with cucumber or gherkin pickles makes them crisp.

Always prepare pickles in porcelain-lined or granite kettles; use wooden spoons, never metal. Spice carefully, so that one flavor will not predominate, but will all combine to make a pleasant whole. Cucumbers and other pickles are often so strongly flavored with onion, spices, etc., that the original flavor is entirely lost.

Pickles should be kept in a dark dry place in stone or glass jars.

Nasturtiums or a small piece of horse-radish thrown in each jar prevents the vinegar from moulding.

If you wish your cucumbers green, put them into cold vinegar in a porcelain-lined kettle, stand them over a moderate fire, and heat slowly until they become green.

As pickles of all kinds are indigestible, eat sparingly and masticate thoroughly.

MIXED PICKLES

½ medium-sized head of cabbage	6 large green tomatoes
4 large roots of celery	1 large or two small Spanish onions
4 tablespoonfuls of grated horse-radish	2 cucumbers
	1 red and one green pepper

Chop all the vegetables, and mix them together. Put a

layer about two inches thick in the bottom of a jar, sprinkle it with a tablespoonful of salt, then another layer of vegetables and salt, and so on until all is used. Let stand twenty-four hours, then drain, and press out all the liquor; cover with boiling water, let stand again ten minutes, then press with your hands until perfectly dry. Add to one quart of vinegar, a quarter-teaspoonful of powdered alum, and stir until dissolved. Now put a layer (two inches thick) of the pickles in the bottom of the jar, then sprinkle with mustard seed, black pepper, and the grated horse-radish; now another layer of pickles, and so on until all is used. Now pour over it the vinegar, let stand two days, and it is ready to use.

CHOW CHOW

½ pound of English mustard
½ ounce of turmeric
2 tablespoonfuls of mustard seed
1 quart of string beans
½ gallon of vinegar
1 cup of sugar
1 gill of salad oil
1 head of cauliflower
1 quart of tiny cucumbers
1 quart of button onions

Boil the cauliflower, beans and onions separately until tender. Cover the cucumbers with strong salt water and soak twenty-four hours. Then mix all together. Put the vinegar in a porcelain-lined kettle. Mix the mustard and turmeric together, and moisten them with a little cold vinegar, then stir them into the hot vinegar and stir continually until it begins to thicken; then add the sugar, mustard seed, and oil, stir again and pour this, while hot, over the vegetables. Put away in glass or stone jars.

OILED PICKLES

100 small cucumbers
¼ pound of ground mustard
1 teaspoonful of black pepper
¼ pound of whole mustard
1 quart of onions
1 pint of olive oil
1 ounce of celery seed
2 quarts of vinegar

Pare the cucumbers and onions, and slice them in thin slices. Put a layer of cucumbers, then a layer of onions, then a heavy sprinkling of salt, then another layer of cucumbers, and so continue these alternations. On top, place a heavy weight to press them down ; let stand over night, or at least six hours. Then drain off the liquor. Put a tablespoonful of powdered alum in sufficient cold vinegar to cover the pickles, stir until the alum is dissolved, pour this over the cucumbers and onions, and stand aside for four or five hours. Then drain. (This vinegar may be saved to use for other purposes.) Put the cucumbers and onions into glass or stone jars. Mix the mustard, pepper and celery seed with the oil, then add gradually the two quarts of vinegar, and pour over the cucumbers and onions. Fasten the jars, and in two weeks the pickles will be ready to use.

BORDEAUX SAUCE (Mrs. Henry Addis)

1 gallon of chopped green tomatoes
2 gallons of chopped cabbage
1 ounce of black pepper
¾ pound of brown sugar
1 gill of salt
1 ounce of cloves
1 ounce of turmeric
1 ounce of ginger
1 ounce of celery seed
¼ pound of mustard seed
1 gallon of vinegar

Mix the cloves, ginger, turmeric, pepper, celery seed, mustard seed, sugar and salt together, then add the vinegar ; pour this over the cabbage and tomatoes, turn into a porcelain-lined kettle, and *simmer* gently twenty minutes. Put away in glass or stone jars.

GREEN TOMATO PICKLES

1 peck of green tomatoes, sliced
1½ ounces of black pepper
1 ounce of whole allspice
¼ pound of ground mustard
1 dozen onions, sliced
1 ounce of whole cloves
1 ounce of mustard seed

Put a layer of tomatoes, then a layer of onions, then a sprinkling of salt, then another layer of tomatoes, and so

on; let stand over night. Next morning, drain off all the liquor, put them in a porcelain-lined kettle with all the other ingredients, cover with vinegar, and *simmer* gently fifteen minutes. Put away in stone or glass jars.

PICKLED ONIONS

Pour boiling brine over the small button onions, let them stand twenty-four hours, then drain, and cover with hot vinegar spiced to taste.

SMALL CUCUMBER PICKLES

Wash and wipe one hundred small cucumbers and place them in jars. Cover them with boiling brine, strong enough to bear an egg; let stand twenty-four hours. Then take them out, wipe, place in clean jars, and cover with hot vinegar, spiced with an onion, twelve whole cloves, one ounce of mustard seed, and three blades of mace. They will be ready to use in two weeks.

LEMON PICKLE

For this choose small fruit with thick rind. Rub them with a piece of flannel; then slit them down the quarters, but not quite through the pulp, fill these slits with salt and press it in. Stand them upright in an earthen dish for four days until the salt melts. Then turn them three days in this liquor. Drain, and add to the liquor sufficient cider vinegar to cover them, add one Jamaica pepper, and one small piece of green ginger-root cut into small pieces. Bring to boiling-point and skim, then stand aside to cool. When cold, pour it over the lemons, and put away in glass jars.

PICKLED WALNUTS

The walnuts should be gathered when very young and soft, soft enough to be easily pierced with a pin. They should be gathered in the middle of the day, when the sun is hot

upon them. Rub them with a coarse flannel. Then make a brine from salt and water, strong enough to bear an egg, and let them lie in it nine days, changing the brine every other day. At the end of this time, take them out, spread them on large dishes and expose them to the atmosphere for about thirty minutes. Then pour over them boiling water, then take them out one at a time, rub them with a piece of coarse flannel, and pierce them with a large needle in several places. Now place them in glass jars. To every hundred walnuts allow one gallon of vinegar, one ounce of cloves, one ounce of allspice, one ounce of black pepper, a half-ounce of mace, and a half-ounce of nutmeg. Put the spices in the vinegar, and scald in a porcelain kettle for fifteen minutes. Then strain the vinegar, and pour it, boiling hot, over the walnuts; add a large tablespoonful of grated horse-radish, and a cupful of mustard-seed. Cover closely and stand in a cool place.

MANGOES.

Cut the tops from one dozen red and one dozen green peppers. Remove the seeds and save the tops. Stand the peppers upright in a tub; put a teaspoonful of salt in each one, cover with cold water and soak twenty-four hours. Drain. Cut two large heads of cabbage on a cabbage cutter, add to this one teaspoonful of ground cloves, one teaspoonful of ground allspice, four tablespoonfuls of whole mustard and two tablespoonfuls of salt; mix thoroughly. Stuff the peppers with this mixture. Put on the tops and tie tightly. Stand them upright in stone jars, and cover with cold vinegar.

Mangoes are also made from peaches and small melons.

CATSUPS

CUCUMBER CATSUP

For this, choose large, ripe cucumbers. Pare, remove the seeds, and grate. To every pint of this pulp allow:

½ pint of cider vinegar
¼ teaspoonful of cayenne
1 teaspoonful of salt
2 heaping tablespoonfuls of grated horse-radish

Drain the grated cucumber in a colander, then mix with all the other ingredients. Bottle and seal.

MUSHROOM CATSUP

Take freshly gathered mushrooms and examine them carefully to see that they are all right. Wipe them, but do not wash. Put a layer of the mushrooms in the bottom of an earthen dish, then sprinkle well with salt, then another layer of mushrooms, another of salt, and so on alternately; cover with a folded towel, and stand in a very warm place for twenty-four hours; then mash and strain through a coarse bag. To every quart of this liquor add one ounce of pepper-corns, and boil slowly in a porcelain-lined kettle for thirty minutes; then add a quarter-ounce of whole allspice, a half-ounce of sliced ginger-root, one dozen whole cloves, and three blades of mace. Boil fifteen minutes

longer. Take from the fire and stand aside to cool. When cold, strain through flannel, and put into small bottles, filling to the very top. Cork tightly and dip in sealing-wax.

TOMATO CATSUP No. 1 (Prof. Rachel Bodley)

Cut ripe tomatoes into thin slices; then put into a stone jar a layer of tomatoes and a layer of salt, and stand aside for three days. Then press through a sieve, add vinegar and spice to taste, bottle and seal.

TOMATO CATSUP No. 2

1 bushel of ripe tomatoes
½ gallon of vinegar
½ pound of sugar
½ pint of salt
1½ ounces of black pepper
1½ ounces of allspice
2 ounces of mustard
1 ounce of ginger
½ ounce of cloves
⅛ ounce of cayenne
¼ ounce of powdered assafetida
1 pint of alcohol

Put the tomatoes on to boil, boil gently a half-hour, then press them through a sieve to remove the seeds and skins. Return this liquid to the kettle (which should be porcelain-lined), and boil down to one and a half gallons; then add the vinegar and evaporate to one and three-quarter gallons; then add the sugar, salt and spices; stir until thoroughly mixed. Put the assafetida into a teacup, add to it two tablespoonfuls of the catsup, stir until thoroughly mixed, then turn it into the kettle, stir *continually* until the catsup comes to a boil, then take it from the fire and add the alcohol. Bottle and seal while hot.

This recipe has been in constant use in my own family for years, and is pronounced, by those who have used it—perfect.

COLD TOMATO CATSUP

Peel and chop very fine a half-peck of ripe tomatoes. Drain them in a colander, then turn them into an earthen vessel and add a half-cup of grated horse-radish, one cup of salt, one cup of black and white mustard-seed mixed, two tablespoonfuls of black pepper, two red peppers and two roots of celery chopped fine, two teaspoonfuls of celery-seed, one cup of nasturtiums chopped fine, one cup of brown sugar, two tablespoonfuls of ground cloves, two tablespoonfuls of ground allspice, a teaspoonful of cinnamon, a teaspoonful of mace, and one quart of cider vinegar. Mix all well together, bottle, and seal.

WALNUT CATSUP

Take one hundred green walnuts that are young enough to be pierced through easily with a pin. Pierce each walnut in five or six places, then put them in an earthen vessel, cover with a half-pound of salt and two quarts of vinegar. Cover and stand aside for six days, mashing with a potato masher and stirring every day. At the end of that time, strain off and squeeze every drop of liquor from the walnuts. Add a half-pint of vinegar to the remaining husks, beat them with a potato masher and squeeze again. Turn all this liquor into a porcelain-lined kettle, add to it one ounce of whole pepper-corns, forty whole cloves slightly bruised, a quarter-ounce of whole mace, a quarter-ounce of nutmeg cut in thin slices, a small root of horse-radish cut in slices, one blade of garlic chopped, one long red pepper, a half-pound of anchovies, and a quarter-ounce of green ginger-root cut in slices. Bring this mixture slowly to a boil, cover the kettle closely, and boil slowly a half-hour. Then strain through a cloth and stand aside to cool. When cold, add one pint of port wine; bottle, cork tightly, and seal. This should stand three or four months before using.

IMITATION OF WORCESTERSHIRE SAUCE

Add to one quart of vinegar three-quarters of an ounce of cayenne, three cloves of garlic chopped fine, five anchovies mashed, twelve whole cloves bruised, and two blades of mace. Cover, and stand aside over night. Next day, rub through a fine sieve, strain, add one gill of port wine, put it in a demijohn, cork, and stand aside for ten days; then bottle, cork and seal.

CHILI VINEGAR

This is made by infusing fifty of the small foreign bird-peppers (small red and yellow peppers about one inch long) in one pint of the best white wine vinegar for two weeks.

TARRAGON VINEGAR

Put into a wide-mouthed bottle one cup of freshly-gathered tarragon leaves, cover with a quart of good cider vinegar; cork the bottle and stand aside for two weeks, shaking frequently; then strain and squeeze through a flannel bag. Pour into small bottles, cork, and keep in a cool place.

This is an agreeable addition to all salad and fish sauces.

DRINKS

COFFEE

The coffee tree is a native of southern Arabia and Abyssinia, and is cultivated in various parts of the world where the temperature is sufficiently high and uniform. The seeds are inclosed in the fruit, which is a roundish berry, umbilicate at top, at first green, then red, and then a dark purple—resembling our common morello cherry; each contains two seeds surrounded by a paperish membrane and inclosed in a yellowish, pulpy matter. These berries are allowed to ferment, then they are crushed under heavy rollers, separated, the seeds divested of their coverings, and dried. These seeds constitute our coffee. The character of coffee varies considerably with the climate and mode of culture. The Mocha coffee, which is known by its small, roundish grains, agreeable odor and flavor, takes the precedence of all others. The Java, a large, flat grain, is highly esteemed in this country. The Brazilian coffees are between the two in size and inferior to both in flavor. Coffee improves by age. It ripens in the mat, losing a portion of its strength, and thus acquires a more agreeable flavor. If you buy your coffee roasted, do so in small quantities. Keep it closely corked and grind just before using; the finer it is ground, the better. The peculiar

odor and flavor of roasted coffee are due to the caffeic acid, the aromatic oil, and, doubtless, also, to the sugar, which is changed to caramel. An infusion made at a low temperature (not exceeding 200° Fahr.) is much better than a decoction made by boiling. The darker the coffee is roasted, the more injurious the effects. If coffee be boiled, there is extracted a poisonous oil, and the delicate aroma and flavor of the true coffee escape in the steam; and, if you wish to enjoy them, repair at once to the top of the house, and you will find them there. To my mind, there is but one true and healthful way of making coffee, and that is by percolation—an infusion, not a decoction, being made.

TO MAKE COFFEE

The most important point in making good coffee is to use the water at the first boil; after it boils a few minutes it parts with its gases, and becomes flat and hard, and will not make a perfect infusion if you use the finest berries that Mocha ever exported. Consequently, wash the tea-kettle perfectly clean every morning, fill it with fresh *cold* water, and bring it quickly to boiling-point. Have the coffee in the pot, allowing one heaping tablespoonful of finely ground coffee to each cup, pour over it the water; as soon as it drains through the biggin, fill the top again, and so on until you have the desired quantity. Serve immediately in the same pot, if possible, I have always produced the best coffee from a mixture of two-thirds Java and one-third Mocha, and prefer the old-fashioned biggin to any other pot.

For those who do, and always will boil their coffee, I hesitatingly insert the following recipe:—

TO BOIL COFFEE

Put four heaping tablespoonfuls of finely ground coffee into any sort of a pot. Put the white of an egg into a bowl, add to it a half-pint of cold water, beat slightly, and put one-third of it into the pot with the coffee; add sufficient *cold water* to thoroughly moisten. Then add sufficient *boiling water* to make the quantity desired. Cover the pot, stand it over a brisk fire, and bring it quickly to a boil. Let it boil up thoroughly about a half-minute, add a half-cup of cold water, and stand on one side of the fire a few minutes to settle.

TEA

Tea is the dried leaves of the tea-plant, a hardy shrub growing chiefly in China. The leaves are picked in May and June of each year, a plant yielding good leaves from four to five seasons. The good, bad, and indifferent teas are all taken from the same shrub, the difference in quality depending upon the soil and the time of gathering. The young leaf-buds that are picked first form our finest tea, known as Gunpowder; the second picking is second best, and so on. The Hysons are also good varieties of green teas. The Pekoe is among the best of the black teas.

TO MAKE TEA

Tea, like coffee, should not be boiled, but made from fresh boiling water, allowing one teaspoonful to each person, and one to the pot. First scald the pot, and allow it to stand on the back part of the stove about ten minutes; then turn out the water, put the tea into the hot pot, and pour over it one-half the boiling water (that is, if you are going to make one quart of tea, pour over it, at this stage, one

pint), cover the pot, and stand on the back part of the stove five minutes to draw; then add the remainder of the boiling water, and serve at once.

Never use a metal teapot.

Russian tea is made by putting a slice of lemon in the bottom of each cup, and pouring over it the boiling tea.

COCOA

Cocoa, or chocolate nuts, are the seeds of *Theobroma Cacao*, a handsome tree from fifteen to twenty feet in height, growing in Mexico, the West Indies, and South America. These seeds, or cacao beans, are roasted the same as coffee until the aroma is brought out. They are then pounded to a paste in a hot mortar, or ground between rollers. The preparation thus produced, when mixed with sugar, starch, cinnamon, and vanilla, forms the chocolate of commerce.

Cocoa is the bean ground fine, the oil partly extracted, and the remaining powder mixed with a small quantity of sugar.

Cocoa Nibs is the bean deprived of its husks, and then broken into small rough pieces. This is the purest and best cocoa in our markets.

The shells or husks are also used to make a weak decoction for persons with delicate stomachs.

CHOCOLATE

Put four ounces of chocolate into a farina boiler, stand it over the fire to melt. When melted, add one quart of new milk slightly warmed, and two tablespoonfuls of sugar. Cover the farina boiler and boil five minutes, then, with a whip-churn or an egg-beater, beat the chocolate until smooth and creamy. Serve with whipped cream.

COCOA

Put one quart of milk to boil in a farina boiler. Moisten four tablespoonfuls of cocoa with a little cold milk, pour it into the boiling milk, stirring all the while. Stir until it comes to boiling-point, cover the farina boiler, and boil five minutes. Serve with whipped cream.

Broma, alkathrepta, and racahout are all made precisely the same as Cocoa.

COCOA FROM THE NIBS

Put a half-cup of the broken cocoa into a farina boiler with two quarts of boiling water. Boil two hours, or until reduced to one quart, then add one pint of boiling cream, and serve.

RACAHOUT POWDER

1 pound of rice flour	1 pound of cocoa
1 pound of confectioners' XXX sugar	2 ounces of arrowroot
1 ounce of powdered salep	2 ounces of sugar of milk
	1 vanilla bean

Mix and thoroughly rub together, put into glass jars, and fasten.

RASPBERRY VINEGAR

Put two quarts of raspberries into a stone jar, and pour over them one quart of good cider vinegar. Cover and stand aside for two days, then drain off the liquid without mashing the berries, pour it over a quart of fresh fruit, and stand as before. Do this once more, the last time straining through a muslin bag. Now add one pound of sugar to every pint of this liquid. Boil slowly five minutes, skim, let stand fifteen minutes, bottle, and seal.

Strawberry and blackberry vinegars are made in precisely the same manner.

IN THE KITCHEN AND PANTRY

It is impossible to give any directions, except in a general way, regarding the kitchen and pantry. Both should be light, airy, and well furnished with convenient and labor-saving utensils. A wide, roomy dresser is most convenient. It should have at least two closets above, and two below, with two deep drawers at the top of the lower closets. In the upper closets should be kept all the dishes necessary for cooking, the pudding moulds, tins, etc. In the lower closet, pots, kettles, saucepans, waffle irons, and broilers, all arranged and grouped so that those in frequent use can be quickly gotten out. In the drawers should be kept cooking knives and forks, larding and trussing needles, wooden spoons and forks; also jelly-bags, dish towels, linen soup-strainers, fish cloths, and a large piece of cheese-cloth that may be torn in convenient pieces as wanted; a roll of tape and a ball of linen twine for trussing. Over the kitchen door there should be a ventilator. Two or three wall-pockets are convenient for holding papers, etc.

Keep all scouring apparatus, chamois skins, etc., in the table drawers.

By the side of the range there should be a bracket large enough to hold a dredging-box with flour, one with salt, another with pepper, and still another with sugar.

Keep tureens, large meat plates and bowls on the body of the dresser.

A corner closet in the pantry should hold all the sugar and spice boxes, all sauces in constant use, tea, coffee, and

small dry groceries. Immediately under the window in the pantry there should be a stationary pastry table with marble top, and grooves underneath holding a hard-wood bread board, which can be pulled out and placed on top the marble when wanted for bread or biscuits. A small refrigerator should also be kept in the pantry to hold the little things that need to be kept cool while a meal is in preparation. By the side of the pastry table have two or three deep shelves to hold the bread and pies as you finish them. The pantry should open both into the kitchen and the dining-room, and should be as convenient to the range as circumstances will allow. It should have an abundance of shelves, closets, and drawers.

Glass jars are convenient and best for most dry groceries, such as rice, tapioca, oatmeal, etc.

If you have a large refrigerator, place it in the basement or cellar where it can be filled with ice from a window or opening made for the purpose. A drain-pipe should also be attached to carry the water away. This saves much time and labor. A refrigerator should be examined daily, and kept scrupulously clean. Fish, onions, cucumbers, or any strong vegetables should not be kept in a refrigerator with milk or butter unless the refrigerator has an automatic circulation of pure, dry air. If your refrigerator is lined with metal, "things" will taste, one of the other.

The inexperienced housekeeper will, we believe, be glad of some guidance in selecting the proper utensils needed in a well-furnished kitchen. There are a number of utensils which are not in general use which lessen the labor of cooking, and add much to the attractiveness of the food, as well as to the comfort of the cook. It certainly is unfair to expect a cook to prepare a well-appointed meal without allowing her the needful implements. The following list will be found to contain all the utensils needed in a well-furnished kitchen:—

TIN WARE

1 apple corer
1 asparagus boiler
1 two-quart covered pail
1 small funnel
3 ice-cream moulds
1 heavy wire broiler for steaks

1 four-quart covered pail
1 quart graduated measure
1 steamer with lid
1 melon mould with lid
1 fluted pudding mould with lid
2 one-quart fancy moulds
2 pint fancy moulds
1 border mould
2 plain Charlotte Russe moulds
1 six-quart boned-turkey mould
1 meat-pie mould
12 pie dishes
6 deep jelly-cake tins
12 muffin rings
1 whip churn
1 box of French cutters, assorted
6 vegetable cutters, assorted
1 long-handled skimmer
3 confectioners' tubes, assorted
1 long-handled dipper
1 large grater for onions
1 large grater for bread
1 nutmeg grater
1 dredging-box for pepper
1 dredging-box for cayenne
1 dredging-box for salt
1 dredging-box for flour
1 dredging-box for sugar
1 large funnel
1 heavy wire broiler for fish
1 heavy wire broiler for oysters
1 fine wire broiler for toast
1 wire potato masher
1 Henis vegetable press
1 wire frying-basket
1 wire salad washer
1 fine wire soup-strainer
1 purée sieve
2 small gravy strainers
1 wire basket for boiling eggs
1 common colander
1 flat colander
2 large dish pans
2 small dish pans
6 round basins, assorted
1 round tin box for holding larding and trussing needles
2 two-quart milk cans
2 one-quart milk cans
3 tin sheets
1 coffee canister
1 tea canister
1 small oil can
1 chafing-dish
1 bread box
1 cake box
1 cracker box
1 coffee biggin

WOODEN WARE

1 large bread board
1 medium-sized bread board
1 meat board
1 fish board
1 plank for planking shad
1 oval chopping-tray
1 wooden potato masher
1 potato and cabbage cutter
1 scrub bucket
1 knife box
2 barrel covers
1 ice-cream freezer
1 ice pick
1 keeler
2 butter paddles
6 wooden spoons, assorted
2 pastry brushes
1 small paint brush for greasing pans
1 dust brush
2 stove brushes
1 scrubbing-brush for tables
1 scrubbing-brush for floor
1 scrubbing-brush for sink
1 scrubbing-brush for glass and china
1 scrubbing-brush for vegetables
1 nest of boxes
1 nest of buckets
1 spice box
1 salt box
2 dish mops.

2 wooden forks
1 hard-wood rolling-pin
2 wooden spatulas
1 knife-scouring box
1 floor mop
1 lemon squeezer
1 refrigerator (Ridgway's is best)
1 mortar and pestle

AGATE WARE

1 two-quart farina boiler
1 one-quart farina boiler
1 ten-quart covered soup kettle
1 ten-quart oval soup kettle for boiling ham
1 six-quart covered kettle
1 four-quart covered kettle
2 two-quart covered kettles
2 one-quart saucepans
2 pint saucepans
1 Turk's-head
6 French frying-pans, assorted
1 deep frying-pan for croquettes
1 Bain Marie
1 large flat-bottomed teakettle
1 batter bucket
2 pitchers
1 mixing-bowl
1 wash-basin
1 set of gem pans
1 set of lady-finger pans
2 round baking-pans
1 teapot

IRON AND STEEL WARE

1 griddle
2 dripping-pans, large size
2 dripping-pans, small size
6 bread pans, 4 x 6
1 Boston brown-bread mould
1 waffle iron
1 French roll pan
1 porcelain-lined preserve kettle
1 salamander—a heavy iron arrangement that may be heated red hot, and held off a surface to brown it
1 scales
Sad irons
2 large spoons
6 tablespoons
6 teaspoons
1 large meat fork
6 kitchen knives
6 kitchen forks
1 butcher knife
1 palette knife
1 chopping-knife
2 boning-knives
1 French cook's knife
1 can opener
1 pair sardine scissors
1 pair scissors
1 corkscrew
1 cleaver
1 set of skewers
1 set of larding needles
1 trussing needle
1 pastry jagger
1 potato scoop
1 griddle spade
1 egg slice
3 baking-sheets
2 cake pans with movable centres
1 wire dishcloth
1 hammer
Tacks
1 cave for freezing
1 galvanized garbage bucket with lid
1 set of deep corn gem pans
1 Reed's roaster
1 meat chopper (Enterprise No. 10)
1 Dover egg-beater

EARTHEN AND STONE WARE

6 yellow bowls, assorted
4 half-pint bowls
6 half-pint kitchen cups
6 large soup dishes for meats, fish, etc.
2 stone jugs
2 demijohns
2 butter pots
1 glass rolling-pin
1 graduated glass measure
6 stone jars, assorted
12 baking-cups for pop-overs
12 French custard cups
1 bean pot

MISCELLANEOUS

1 pastry bag
1 jelly bag
1 large piece of cheese-cloth
12 dish towels
12 hand towels
2 floor cloths
2 dishcloths
Pudding cloths
Fine strainer cloths
Coarse bag for cracking ice
Twine
Ironing sheet and holders

GATHERED CRUMBS

LEMON BUTTER

1 pound of powdered sugar — Yolks of six eggs
Whites of four eggs — Rind of one and juice of
¼ pound of butter — two lemons

Beat the yolks of the eggs, sugar, and butter together until *very* light; then add to them the whites, well beaten. Pour this into a farina boiler, and stir constantly over the fire until it thickens; then add the juice and rind of the lemons, and turn into an earthen vessel to cool.

FRENCH HONEY

Beat together a half-cup of sugar and a half-cup of butter until very light; then add one egg and beat again, add the juice and rind of one lemon, and stir the whole over the fire until it thickens and comes to a boil. Turn out to cool.

NEVADA MOUNTAIN HONEY

Boil two pounds of white sugar, a half-pint of water, and a half-teaspoonful of powdered sugar together for three minutes, after it begins to boil. Do not stir after the sugar is dissolved. Add three drops of oil of rose and three drops of oil of peppermint to one gill of alcohol; shake it well, and add a half-teaspoonful of it to the boiling syrup. Turn out to cool.

This, if carefully made, is a most perfect imitation of strained honey.

TO MAKE BUTTER

Warm the cream to a temperature of 56° or 58° Fahr., and it will churn in fifteen minutes. After the butter collects in the churn, take it out and stand it for a minute in a very cold place. Do not wash it, as in this way you rob it of certain elements necessary for its preservation. Work it continuously and thoroughly until all the buttermilk is out, adding two even teaspoonfuls of very fine salt to each pound of butter, after you have worked it about five minutes. Make it at once into prints, and stand away in a cool place.

TO MAKE CARPETS BRIGHT

Sprinkle them with tea-leaves; sweep thoroughly, but lightly. Rub all spots with a clean dry cloth. Grease spots may be drawn out by covering with a piece of coarse brown paper, and then passing over them a warm flat-iron. The paper, if soft, will absorb the grease.

TO WASH SILK

Mix a quarter-pound of honey, a quarter-pound of soft soap, one gill of gin, and a pint of cold water together. Put the silk on a table or board, scrub it with this mixture, rubbing it in well; then rinse in clear soft water. Shake it as dry as you can; do not wring it. Hang it up by the edges, and, as soon as it is sufficiently dry, iron it on the wrong side.

A fluid for removing grease from silk and cloth may be made by mixing together a quarter-ounce of carbonate of ammonia, a quarter-ounce of fluid chloroform, a quarter-ounce of sulphuric ether, and one quart of distilled benzine. Bottle and cork. This, like all such mixtures, is very inflammable.

GATHERING THE PERFUME OF PLANTS

The perfume of flowers may be gathered in a very simple manner and without apparatus. Gather the flowers with as little stalk as possible and place them in a jar three parts full of almond or olive oil. After being in the oil twenty-four hours, put them into a coarse cloth, and squeeze the

oil from them. Put this oil back into the jar and fill again with fresh flowers, and repeat the operation according to the strength of the perfume desired. The oil being thus thoroughly perfumed with the volatile principle of the flowers is to be mixed with an equal quantity of pure rectified spirits, and shaken every day for two weeks, when it may be poured off ready for use.

TO STOP BLEEDING

If the blood comes from a wound in jets or spirts be quick or the person may bleed to death in a few minutes, because the artery is severed. Tie a handkerchief loosely around near the part between the wound and the heart. Put a stick between the handkerchief and the skin, and twist it around, tightening the handkerchief until the blood ceases to flow, and keep in that position until the physician arrives. If in a position where the handkerchief cannot be used press the thumb on a spot near the wound, between the wound and heart; increase the pressure until the bleeding ceases, but do not lessen the pressure for an instant, until the physician arrives.

TO RESUSCITATE THE DROWNED

As soon as the body is removed from the water, press the chest suddenly and forcible downward and backward and instantly discontinue the pressure. Repeat this without intermission until a pair of bellows can be procured. When obtained, introduce the nozzle well upon the tongue, surround the mouth with a handkerchief or towel and close it. Direct a bystander to press firmly on the projecting part of the throat, called Adam's apple, and use the bellows gently and regularly, and each time the lungs are inflated with the bellows press upon the chest to expel the air from the lungs to imitate natural breathing. Continue this an hour at least, until signs of natural breathing come on. Wrap the body in warm blankets, and place it near the fire, and do everything to preserve the natural warmth as well as to impart artificial heat if possible. Avoid all friction until respiration is in some degree established. It is best to send for medical aid immediately.

ANTIDOTES FOR POISONS

If any poison is swallowed, drink immediately a half-glass of tepid water with a heaping teaspoonful each of common salt and ground mustard. This vomits as soon as it reaches the stomach, but for fear that some of the poison may still remain, swallow the white of one or two eggs, or drink a cup of strong black coffee—these two being antidotes for a greater number of poisons than any other dozen articles known, with the advantage of their always being at hand. For oil of vitriol or aquafortis, give large doses of magnesia and water. For ammonia, give vinegar freely. For oxalic acid, give magnesia or chalk and water, administered in large and frequently-repeated doses. For saltpetre, give an emetic of mustard and water, afterwards mucilage and small doses of laudanum. For opium or laudanum, give an emetic of mustard and water; use constant motion, and, if possible, a stomach pump; also, strong, black coffee. For arsenic, doses of magnesia are useful, but freshly-prepared hydrated oxide of iron is best. For insects taken into the stomach, give small quantities of vinegar and salt. For corrosive sublimate, give the whites of eggs mixed with water until free vomiting takes place.

FOR BURNS

Lime water and sweet oil well mixed in equal quantities is one of the very best remedies for a burn. Lime and lard, well mixed, are also good.

TO REMOVE IRON MOULD FROM LINEN

Rub the iron mould over with sulphuret of potash, then bathe it well in citric acid (lemon juice) and afterwards wash it well in water.

TO REMOVE INK STAINS FROM LINEN

Bathe the stains freely with lemon juice, sprinkle thickly with fine salt, and place in the sun a few hours.

TO TAKE OUT MILDEW

Wet the article and rub on it equal parts of soap and chalk mixed together, then place in the sun until the spots disappear.

STARCH FOR DARK CALICOES

Make starch as usual, and add to it one pint of perfectly clear coffee. Strain and add a tiny piece of spermaceti.

The color may be set in doubtful calicoes by dipping them in a strong solution of salt and water before washing.

TO MEND CHINA

Take a very thick solution of gum arabic and water, and stir into it plaster of paris until the mixture becomes a viscous paste. Apply it with a brush to the fractured edges and stick them together. In three days the article cannot be broken in the same place. The whiteness of this cement renders it doubly valuable.

TO KEEP LEMONS

Cover with cold water, changing it every week. This makes them ripe and juicy.

MISCELLANEOUS

Cranberries will keep all winter in a keg of water.

Clean brass kettles before using with salt and vinegar, to avoid being poisoned by the verdigris.

A few drops of oil of lavender here and there through a bookcase will save a library from mould.

To cleanse articles made of white zephyr, rub in flour and magnesia, changing often. Shake off the flour and hang the article in the sun.

Spots in calico or cloth produced by an acid may be restored by touching the spots with spirits of hartshorn. Spots produced by an alkali may be removed by moistening them with vinegar or tartaric acid.

To clean velvet and make it look like new, invert a hot flat-iron, put over it a thickness of wet muslin, lay on this the velvet, wrong side next to the muslin, and brush the velvet gently as it steams, drawing it over the iron.

HOW

TO LARD

Larding pork should be salt, solid, and clear fat without any streaks of lean. Cut into thin even slices, and cut these slices into long narrow strips, that will fit the larding-needle you intend to use. For Beef à la Mode the lardoons should be about the size of a lead-pencil. For veal, turkey, chicken, birds or sweetbreads, they should be about half that size. About one inch from the rind of the pork you will notice a decided mark or streak; below this and nearest the rind, is the muscular part of the pork, and the only part that can be used for larding. Above this the pork is so tender that it will break when you put it in the needle. After you cut these strips (lardoons they are now called), put them into a bowl of very cold water to harden. Place one lardoon into the slot end of the larding-needle as far as it will go, thrust the needle into the meat, taking a stitch about one inch deep, push the needle through, place the finger lightly on the strip of pork, and draw the needle out, leaving the pork exposed about a quarter-inch at each end of the stitch, and so continue until you have finished.

TO LARD WITH TRUFFLES

Cut the truffles into tiny blocks, insert the truffle-needle (a hollow needle with a sharp point and a wire rod to push the truffle through) under the skin, and just a little into the flesh. Now put a block of the truffle into the large end of the needle and push it through into the meat with the wire rod, and so continue until you have finished.

TO FRY

Frying, though one of the most common of the culinary operations, is one that is least commonly performed perfectly well. It often results in burning the outside, while the inside is cold, or serving the article in a coating of grease. It is *very important*, that the oil, lard, or dripping should be *very* hot (about 360° Fahr.) before the article is put in. *We cannot insist too strongly on this point.* There should be sufficient fat to immerse the article to be fried. If too many things are put in the fat at one time they will be badly fried, because the temperature of the fat will quickly fall below the point necessary to fry properly. The most successful frying is when the temperature rises four or five degrees during the frying. The temperature of the fat should vary according to the nature of the things fried. To ascertain when it is of the proper heat without a thermometer, throw in a little bit of bread, if it browns quickly the fat is ready; if it burns the bread, it is too hot. Fish, potatoes, croquettes and rissoles, require the fat quite hot, say about 385° Fahr., doughnuts, crullers and fritters 300° to 320° Fahr.

A wire frying-basket is very convenient for frying croquettes, potatoes, etc.

TO BLANCH ALMONDS

Shell them, throw them into boiling water, and let stand on the back part of the stove five minutes, then throw them into cold water, and rub them between the hands to remove the skins.

TO SALT ALMONDS

Shell, blanch and spread them out on a bright tin pie dish, add a piece of butter the size of a hickory-nut, and stand them in a moderate oven until a golden brown. Take them from the oven, stir them around, dredge them thickly with salt, and turn out to cool.

TO FILL ORANGES WITH JELLY

Cut a small round piece of the skin from the stem end, then with your finger loosen the pulp from the skin and gradually work your finger between the skin and pulp until you have it entirely loosened. Now draw the pulp out

through the opening without breaking the skin. Throw the skins into cold water until wanted. Have ready an Orange or Wine Jelly, drain the orange skins, fill them with the jelly, and stand away to cool. When cold, cut them into halves and then into quarters, and arrange them on a pretty dish, garnished with smilax.

TO MAKE ORANGE BASKETS

Mark out with a knife a basket and handle on the skin of a large orange, then cut it out, loosen the pulp and remove without breaking the skin. Throw the baskets into cold water one or two hours to stiffen. Make a Port and Lemon Jelly, and turn into square moulds to harden. When hard, cut into blocks and fill the baskets. Stand the baskets on a pretty dish, garnished with smilax and roses.

TO GLACÉ FRUITS

Have the fruit perfectly dry. If oranges, separate carefully each carpel without breaking the inner skin. Stand them in a warm place to dry. Put one pound of granulated sugar in a porcelain-lined kettle, add to it a half-cup of water, and stand over the fire to boil. Do not stir after the sugar is dissolved. After the mixture has been boiling about ten minutes, hold the forefinger and thumb in ice-water for a minute, then quickly dip up a little of the boiling syrup with them; press the thumb and finger tightly together, then draw them apart; if the syrup forms a thread, it is at the second degree. Boil gently about three or four minutes longer until it reaches the sixth degree. This may be known by taking a small portion on the end of a spoon, then dipping it into cold water, and breaking it off quickly; if it is brittle, without being at all sticky, it is just right. The syrup must never be stirred, or it will cause granulation. Now take it quickly from the fire, add a tablespoonful of lemon juice, stand in a basin of boiling water, to keep the syrup from candying. Take the fruit on the point of a large skewer or with sugar tongs, dip into the syrup, lay on a piece of buttered paper, and stand in a warm dry place to dry.

English walnuts and almonds are glacéd in the same manner.

TO CLEAN CURRANTS

Add one cup of flour to every quart of currants and rub them well between the hands. This will free them from stones and stems. Then turn them into a colander and skake until the stems have passed. Now put them in a pan of cold water, wash thoroughly, drain and wash again. Spread on boards or flat dishes, and stand in a warm place to dry. When dry they are ready to use.

TO WHIP CREAM

Very thick cream should have an equal quantity of new milk added to it before being whipped. But moderately thick cream will whip nicely if ice cold. If you have a small crank churn (you can get them that will hold about two quarts), pour the cream into the churn and turn the dasher steadily for about three minutes, and the cream will be whipped all the way to the bottom. If you use the ordinary whip churn, have the cream in a tin pail, placed in a pan of ice-water. Stand a colander in a bowl or basin. Put the whip churn into the cream, hold it with the left hand, tilt slightly, that it may not stand flatly on the bottom of the pail; now with right hand draw the dasher up quickly, then press it down hard, then up and down again, and so on. When the pail is full, skim off the froth and lay it in the colander to drain, and so continue until you have whipped all the cream.

When whipped cream is to be served alone as a dessert or as a garnish for Bavarian creams and other desserts, it should be flavored before whipping.

TO MAKE A PASTRY-BAG

Fold a piece of very strong muslin (one foot square) from two opposite corners. Fell the edges tightly together, thus forming a triangular bag. Cut off the point to make an opening large enough to insert a tin pastry tube. It is better to have two or three pastry bags, each fitting their own respective tubes.

TO USE THE PASTRY-BAG

Put the tin tube into the bag and fit it into the opening. Fill the bag with the mixture, close the top of the bag,

give it a twist, and hold it tightly with the right hand. Put the point of the tube close to the place where the mixture is to be spread. Press with the left hand, and guide the mixture into any shape desired, éclairs, lady-fingers, etc.

TO MAKE A JELLY-BAG

Take one yard of thick all-wool flannel, fold the two opposite corners together, fell the side, making a triangular bag. Bind the top with heavy tape, and fasten on the upper side two or three heavy loops by which it may be hung up.

TO THAW MEAT OR POULTRY

Stand in a warm room several hours before cooking.

TO BOIL WATER

Wash out the tea-kettle thoroughly, fill it with fresh cold water, stand it over a quick fire and bring to boiling point. Use at its first bubbles, or it parts with its gases and becomes flat.

TO CLARIFY FAT

A careful cook seldom buys lard; she saves all the skimming from soup, all trimmings from steaks, and the dripping from roasts. Put the dripping to be clarified into a saucepan, set it over a moderate fire until all the fat is melted; then strain into a clean pan, and add to every three pounds of this fat a pint of boiling water and a quarter-teaspoonful of baking-soda. Stand over a moderate fire, and boil until the water has evaporated and the fat is clear. Skim, strain through a fine sieve into a tin kettle, and it is ready to use.

TO SCALD MILK

Put the milk in a basin or farina boiler, stand it in a pan of boiling water over the fire, and as soon as the milk begins to steam it is scalded.

TO MAKE VANILLA-SUGAR

One pound of granulated sugar and one ounce of vanilla bean. Cut the beans into halves, then into small pieces;

put them into a mortar with the sugar, and pound until perfectly fine. Sift through a hair sieve, and keep in glass jars closely corked.

TO MAKE GUMBO FILLET POWDER

Take the very young tender leaves of the sassafras, spread them out on white paper, and dry in a cool, dry, airy place. When dry, pound in a mortar, press through a hair sieve, and keep in a closely corked bottle.

TO MAKE CARAMEL

Put one cup of granulated sugar in an iron or granite saucepan, stir it over the fire until it melts and burns. As soon as it begins to smoke and boil, add one cup of boiling water; let it boil one minute, turn in a bottle, and cork tightly.

This is used for coloring soups, sauces, and puddings.

TO CLARIFY SUGAR

Put the desired quantity of sugar and water on to boil; mix with a small portion of cold water the white of one egg, add it to the boiling syrup. Bring to boiling point, skim, and strain.

HOW TO PULL CANDY

After boiling candy, turn it on a marble slab or a large meat-plate to cool. When cool, but not cold, grease your hands lightly with olive oil or butter, take the candy in your hands, throw it over a large hook and pull it towards you, and so continue until the candy is creamy. Make the candy move, and not your hands, or you will blister them quickly.

TO USE A SALAMANDER

A salamander is a round iron plate, to which is attached a long handle. It is used to brown the surface of dishes that cannot be placed in the oven. Heat it red hot and then pass it over the top of the dish, being careful not to hold it too close, or it will scorch. A very good salamander is made from an ordinary iron fire-shovel.

SUITABLE COMBINATIONS OF FOOD

Man has not only to complete and repair the structure which constitutes his body, but has also to create heat in more or less abundance according to the climate in which he lives; consequently to keep the body in a perfectly healthy condition, he must employ a wise combination of food. In perfect health he requires no rules. Nature teaches him how to live. But deviations from the laws of nature, blunt his instincts so that he can hardly tell what nature is, and tempt him, not only to take greater quantities of food than his economy requires, but also of a more stimulating nature. Idleness, want of mental occupation, and self-indulgence often lead to over-feeding, and the immoderate use of alcoholic stimulants.

Food requirements vary with such wide limits in different individuals and different occupations that it is almost impossible to lay down a general rule as to the quantity of food required. In some persons the process of digestion is so rapid that frequent meals are required, and if food is not taken when the digestive organs call for it, a sensation of sickening and faintness comes on and the appetite is lost.

In prisons or in the army, where all men breath the same atmosphere and follow the same occupation, it is possible to establish approximately the amount of food required. In Edinburg, where a hundred prisoners were confined, experiments were made to ascertain the smallest amount of food required to keep the weight and strength

of man in idleness. Seventeen ounces of food per day for two months was given each man ; four ounces were muscle-making or nitrogenous food; the remaining thirteen ounces heat and force-producing or carbonaceous food. During this time eighteen men lost one and a half pounds each, eighty-two held their own or gained weight. The same experiment was tried in Dundee, but there they gave molasses with their oatmeal instead of milk, as was given at Edinburg. Fifty of their prisoners lost five pounds each, while the remaining fifty held their own or gained weight. By these and other statistics we find that the system requires nearly five times as much carbonaceous as nitrogenous food.

A thorough acquaintance with these facts cannot be too highly estimated. Two-thirds of all the intemperance in the land is due to ill and unscientific feeding. When I say ill-fed, I do not mean the poor who have scanty nourishment, but also that class who indulge their acquired and unnatural appetites in highly seasoned and over-nitrogenous foods. We must keep steadily before us the principle that it is not the quantity of food received which nourishes the body, but the proportion that can be digested of such food, all else is worse than waste, whose presence clogs and throws out of order the delicate digestive organs. A man may eat till he can take no more and still have an unsatisfied feeling. His food has not been properly proportioned. Each organ requires different elements, and each has the power of taking up from the mass such as are required by them and rejecting all others.

While we take food in the proportions to satisfy each organ, peace and harmony prevail in the system, but let us indulge in over or improper feeding, an excitement is at once produced, and each organ makes an effort to reject its enemy, and the whole system becomes "out of order," and still we cannot read this lesson of nature, teaching us to keep out of our stomachs everything but the proper elements. How few there are who know why we serve potatoes or rice with lean beef, why we put butter on our bread, why it is better to eat sugar and cream on oatmeal and grits, why we eat more fruit and less meat in summer than in winter and vice versa.

To nourish ourselves properly, we must bear in mind that during the process of life we use up and cast away matter which must be replaced by equal substances, and we must find these supplies among such substances as contain in them some of our own elements. Albumen must be replaced by albumen, fibrin by fibrin, etc.

For convenience, here, we will divide our food into three classes: nitrogenous, carbonaceous (organic), and the inorganic foods. The nitrogenous foods, as the name indicates, contain nitrogen. They have for their basis albumen, fibrin, gluten and casein. The principal foods of this class are of animal origin, and eggs and milk. They also exist in some vegetables, as gluten and legumen in wheat, lentils and peas. This class contains a large amount of nutriment, of such material as is easily converted into living tissue. These foods are all digested in the stomach, consequently, should not be given in conditions in which this organ needs rest. Belonging to the carbonaceous foods are the starches, sugars and fats. The first two are of vegetable origin, while the latter is produced by vegetables and animals. The chief use of this class is to give heat and force to the body, and constitutes about three-fourths of our food. Consequently, if we wish to develop our muscles, we must eat lean beef (nitrogenous); if we wish to fortify ourselves against cold, we must eat fat. The carbonaceous foods, being fat-formers, should not be taken in larger quantities than the economy requires by persons corpulently inclined.

The third class, the inorganic foods—water, salt, phosphate of lime and iron, cannot in themselves support life, yet we could not live without them. Water enters into the composition of all the body's tissues. Salt is found in almost all our natural foods, but not in sufficient quantity to supply the demand of the system. Iron exists in both animal and vegetable foods in sufficient quantity to supply the economy in perfect health. Phosphate of lime is also supplied in both animal and vegetable foods in sufficient quantity when the system is in perfect health; and thus it is seen that each sort of food must fulfill one or more of the body's requirements; and, as a large proportion of the

food we consume must be composed of carbon and hydrogen, and is burnt up in the capillary tissues to create heat and force, this class represented by potatoes, rice, oils and sugars must be taken in larger quantities than lean beef, eggs, etc. Bartholow says: "The food supplies to the organism may be so managed as to secure very definite therapeutical results, and by employment of a special and restricted method of feeding, cures may be effected not attainable by medicinal treatment."

TABLE OF

WEIGHTS AND MEASURES

4 teaspoonfuls of liquid	= 1 tablespoonful
4 tablespoonfuls of liquid	= ½ gill, ¼ cup, or 1 wineglassful
1 tablespoonful of liquid	= ½ ounce
1 pint of liquid	= 1 pound
2 gills of liquid	= 1 cup or ½ pint
1 kitchen cup	= ½ pint
1 heaping quart of sifted flour	= 1 pound
4 cups of flour	= 1 quart or 1 pound
1 rounded tablespoonful of flour	= ½ ounce
3 cups of corn meal	= 1 pound
1½ pints of corn meal	= 1 pound
1 cup of butter	= ½ pound
1 pint of butter	= 1 pound
1 tablespoonful of butter	= 1 ounce
Butter the size of an egg	= 2 ounces
Butter the size of a walnut	= 1 ounce
1 solid pint of chopped meat	= 1 pound
10 eggs	= 1 pound
A dash of pepper	= ⅛ teaspoonful, or 3 good shakes
2 cups of granulated sugar	= 1 pound
1 pint of granulated sugar	= 1 pound
1 pint of brown sugar	= 13 ounces
2½ cups of powdered sugar	= 1 pound

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